

WaterOz

David Hinkson, Founder

Retail/Buyer's Club Catalog

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The information included herein is for educational purposes only and is not intended to replace the advice, attention or recommendation of qualified health professionals.

New Ideas in Nutritional Healing!

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About WaterOz

David Hinkson founded our company more than ten years ago. He was motivated to learn about health and proper nutrition after traditional approaches failed to help him with his many health problems. By utilization of a highly technical process, he discovered how to turn pure minerals into an ionic, water-soluble solution that the body can completely absorb and use. The product contains no fillers, binders, preservatives, or chemicals – only the purest minerals available on the market and the purest water.

About WaterOz Buyer's Club

WaterOz Buyer's Club was founded in the new millennium in order to give our customers and distributors the best health possible. Through our *WaterOz Buyer's Club*, we not only insure the best physical health through our mineral products, but we also insure sound financial health through commissions paid to our *WaterOz Buyer's Club* distributors. Unlike other plans in the nutritional supplement field, *WaterOz Buyer's Club* is a *buyer's club/multilevel* – and is one of the only health plans founded by people who actually use the products advertised. Consequently, we are dedicated to giving all customers and distributors not only the *best service* but the *best products* on the market today! We guarantee you won't find any other minerals or any other club quite like *WaterOz Buyer's Club*! Buy at Wholesale price without having to meet Wholesale volumes! Membership is only \$21.00. Call for more information about our *WaterOz Buyer's Club* – or check the Web at wateroz.com.

About Good Health

Natural healing laws and methods have existed since the beginning of time. A rapidly growing segment of the population, some 66 percent, has turned to the drugless healing arts and practices. This has spurred renewed interest in herbs, nutritional principles, exercise, breathing, iridology, homeopathy, fasting, reflex therapy, polarity work, glandular balancing, acupuncture, and many other aspects of the holistic approach to health.

Good health entails a high level of physical, mental, and spiritual wellbeing. The key to health and wellbeing is found in maintaining a proper nutritional foundation, as excess or deficiency in *any* of the primary chemical elements needed in human nutrition could account for most diseases and pathogenic mental symptoms. Human body tissue can neither be restored nor rejuvenated without proper nutritional support; eating correctly should, therefore, be our number one priority, but the reality of our highly processed fast food society is that today it is very difficult to follow a healthy diet and even more difficult for our bodies to digest, absorb, and metabolize the foods we eat into useable elements necessary for proper body function. The problem is compounded by the fact that many fruits and vegetables are picked green (for easier transportation to markets) before they absorb the proper life-giving nutrients and our soil is largely depleted of the essential elements. A nutrient depleted soil = nutrient depleted food.

Our bodies are not designed to ingest and assimilate foods that are deficient in vitamins, enzymes, fiber, and nutrients or have been irradiated, devitalized, and loaded with additives designed to give them eternal shelf life. Such “food” leads to sickness and disease. Our bodies are made of the same basic chemical elements (minerals) of which the earth is made. We are not getting the mineral nutrition we need from the foods we eat. Specific minerals facilitate specific functions in the organs and tissues where they are dominantly stored. Each of these minerals is a conductor or transmitter operating on a specific vibratory frequency; rarely does any element function alone. Each element achieves its power through bio-chemical combination and

relationship with other elements; in other words, our products all work synergistically with our other products and the natural minerals we get from pure food sources.

In the same way our bodies are not designed to ingest and assimilate inferior foods, our bodies do not thrive on pharmaceutical drugs created in a laboratory. Drugs are not structured or evolved for compatibility with the human organism. More often than not, drugs cause side effects that range from uncomfortable, to severe, to lethal.

Since every disease takes time to develop, eliminating disease takes time, too. Hering's Law of Cure states: "When we use the drugless healing arts, all illness is reversed and we go through a remission period in which we pick up again our old troubles. Thus gradually, we reverse from the chronic stage of disease toward good health by entering a healing crisis when an acute stage has been reached, often the discharge stage."

Remember, as with everything in life, balance is important. Inadequate *or* excessive production or supply of the essential nutrients required for proper body function can result in physiological imbalance leading to a wide variety of disease states. The importance of nutritional supplements is widely recognized in the scientific community and among nutritionally oriented physicians, but it is important to remember that nutritional supplementation should be considered part of a long-term health program, not a quick fix. After taking our products, some people feel a difference within 48 hours while others find it takes longer to recognize a change. Ultimately, most people feel increased energy, an improved sense of wellbeing, and get sick less often.

We need to return to a simpler, more natural way of life. Eat plenty of fresh vegetables, fruits, nuts, berries, herbs, and, when available, organically raised beef, lamb, chicken, and fish. Finally, an abundance of fresh air and sunshine, exercise, adequate rest and plenty of water should help restore us all to good health!

About Minerals

Recognition of the importance of the minerals required for perfect health is so new that few textbooks contain much about it. It is now believed that at least 24 elements are *essential* to living matter. Deficiency symptoms occur when there is a lack of these minerals and are then resolved when proper balance is achieved. Minerals are essential to physical and mental health. They are a basic part of all cells, particularly blood, nerve, muscle, bones, teeth, and soft tissue. The electrolyte minerals (sodium, potassium, and chloride) are essential for functional support and help regulate the fluid and acid-base balance of our bodies, while other minerals are part of enzymes that catalyze biochemical reactions, aid energy production, metabolism, nerve transmission, muscle contraction, and cell permeability. Carbohydrates, proteins, fats, vitamins and minerals are the building blocks of our diet and provide the fuel, or source of energy, to maintain life and promote cell and tissue growth and other biochemical support. Minerals contain no calories or energy themselves, but assist the body in energy production.

Minerals (or elements) come from the earth and eventually return to the earth, and can most simply be defined as chemical molecules that cannot be reduced to simpler substances. They exist in their *inorganic* state in the soil and in their *organic* state as the basic constituent of all living matter. The main elements essential to health, each of which makes up more than .01 percent of total body weight, are termed **macrominerals** (calcium, phosphorus, chlorine, potassium, sulfur, sodium, magnesium and silicon). The next group of elements, termed **micro minerals** or trace minerals, each of which constitute less than .01 percent of total body weight though found only in minute amounts, are also essential to health (iron, copper, zinc, iodine, cobalt, bromide, boron, manganese, selenium, fluorine, molybdenum, vanadium, arsenic and chromium). Other elements contained in the body include some of the toxic metals (lead, aluminum, cadmium, and mercury).

Any element found to occur naturally in soil or plants is *organic*. It was there long before man. It is when man refines out these minerals to use in food products, etc., that it changes from an organic and natural form to a *synthetic* one. All trace elements are needed and even required to sustain human life, but only in trace amounts. Anything in excess is to be avoided whether natural or synthetic.

Metal poisoning from too much of a mineral primarily affects the metabolic enzymes, brain and nervous system, but can affect many other bodily functions as well. In addition to the toxic metals, some essential elements such as copper, iodine, selenium, chromium, iron and calcium are more likely than other minerals to cause health problems when high levels are present in the body, as a result of excessive intake or reduced ability to eliminate them. Although your body can manufacture some vitamins, it cannot make minerals; thus, a deficiency of minerals is more common than a deficiency of vitamins. Minerals are harder to extract from food complexes during digestion and there is more mineral “uptake” competition compared to vitamins.

What Makes Our Minerals Unique

Our mineral dietary supplements are the purest minerals available on the market (up to 99.99% pure) and the purest water (a special purification process assures absolutely pure water)...nothing more, nothing less. Each individual mineral is “processed” in a manner unique to that particular mineral; that process duplicates nature’s method of turning minerals from the earth into a form useable by man.

Recommended Daily Allowances

We do not follow the Recommended Daily Allowance (RDA) suggested by the FDA. Due to the fact that our products are completely absorbable, unlike anything the FDA has ever tested, commonly known measurements do not apply to our products. Work with your health care practitioner to establish appropriate amounts for your individual needs.

Having an understanding of how minerals work and the basic mineral needs of your body is the best way to figure out what your deficiencies are.

Our minerals do not have to be refrigerated. They last indefinitely. We do not recommend mixing the various minerals together to store them, although it is fine to put them in the same container and then drink them.

A gallon = 128 ounces = 256 Tablespoons = 768 Teaspoons

A quart = 64 Tablespoons = 192 Teaspoons

A pint = 32 Tablespoons = 96 Teaspoons

3 Teaspoons = 1 Tablespoon = 15ml

2 Tablespoons = 1 ounce

Minerals

‡= Minerals marked with this symbol (‡) are also available in a four times concentrate labeled “4X” or “Extra Strength”.

Boron

30 +/- parts per million

Boron is said to enhance estrogen’s role in building bones by helping convert Vitamin D into the active form necessary for the absorption of calcium. It is essential to bone metabolism and calcification of bones, helping prevent osteoporosis, arthritis, and tooth decay. **Boron** is also necessary for cartilage formation and repair; it affects calcium, magnesium, and phosphorus levels. Memory and brain function can be improved with **boron**, and it plays a role in regulating the hormones, both estrogen *and* testosterone. Some research shows that **boron** improves libido. A **boron** deficiency can cause weak and fragile cell walls. **Boron** is stored in the parathyroid glands.

Symptoms of **boron** deficiency:

Arthritis	Memory loss
Brittle bones	Muscle pain
Carpal Tunnel Syndrome	Osteoporosis
Degenerative Joint Disease	Receding gums
Hormonal imbalance	Weak cartilage
Loss of libido	

Natural sources: whole grains, nuts, seeds, apples, pears, grapes, leafy greens.

Calcium‡

2,500 +/- parts per million

Calcium is one of the most essential of the major biochemical elements needed in human nutrition. It is needed in every organ of the body, including the brain. **Calcium** is called the “knitter” because it promotes healing (or “knitting”) everywhere in the body. It is valuable for tone, power, strength, longevity, vitality and endurance, healing of wounds, counter-acting acids*, and helping regulate metabolism. Because it is used in almost every bodily function, **calcium** is commonly deficient in our diets. It is one of the first elements to go out of balance when the diet is inadequate. Magnesium, boron and Vitamin D increase **calcium** absorption while sodium helps keep **calcium** in soluble form in the body (it must be water soluble to be useable). **Calcium** raises the body’s resistance to viruses, parasites, bacteria, and cancer. A lack of **calcium** leads to a host of diseases and degenerative conditions. Pure water-soluble **calcium** serves a two-fold purpose; it helps reverse symptoms caused by a *buildup of compounded calcium*, like kidney stones, gallstones, arthritis, and high cholesterol, and helps reverse conditions caused by a *deficiency of calcium* like acidosis and osteoporosis. A high incidence of cavities or white spots on fingernails indicates a **calcium** deficiency. This mineral is necessary to regain the proper pH balance. **Calcium** is stored in the blood and teeth as well as in the nerves, muscles and tissues.

Some symptoms of a **calcium** deficiency:

Acne	Cancer
Arthritis	Cavities
Acidosis	Cataracts

Attention Deficit Disorder (A.D.D.)	Enlarged heart
Asthma	Fibromyalgia
Bell's Palsy	Gallstones
Cramps	High cholesterol
Common cold	Carpal Tunnel Syndrome
Chronic Fatigue Syndrome	

Natural sources: bran, cheese, raw milk, figs, prunes, dates, onions, vegetable greens, kidney and soybeans, lentils, molasses, shellfish.

NOTE: refined sugar and foods high in oxalic acid (spinach, cranberries, and rhubarb) leach **calcium** from the body.

See the books section for the following titles: ***The Calcium Factor***, by R.R. Barefoot & Carl J. Reich, M.D.; ***Death by Diet***, by Robert R. Barefoot; ***Reverse Aging***, by Sang Whang.

Chromium[‡]

300 +/- parts per million

Chromium is one mineral not easily absorbed by the body. A deficiency of **chromium** is a major factor in the development of heart disease (heart attacks, hardening of the arteries).

Chromium plays an important role in the liver synthesis of fatty acids (burns fat), and helps the body regulate metabolism, insulin and blood sugar levels. **Chromium** helps the body lose weight by stimulating enzymes* that metabolize glucose for energy. If a body is **chromium** deficient, it takes twice as long for insulin to remove glucose from the blood. **Chromium** enhances insulin performance and glucose utilization and helps carry proteins. It works best if taken before meals. Refined sugar causes the body to deplete **chromium** more rapidly, and strenuous exercise can also deplete **chromium** levels. The elderly are unable to store as much **chromium** in the body as younger people. Refining of starches and carbohydrates robs foods of this mineral. For some reason, American soil is **chromium** deficient when compared to European soil. **Chromium** is stored principally in the kidneys, spleen and testes, with trace amounts found in the heart, lungs, pancreas and brain.

Some symptoms of a **chromium** deficiency:

Anxiety	Hyperinsulinism
Attention Deficit Disorder (A.D.D)	Hypoglycemia
Aortic cholesterol plaque	Hyperactivity
Arteriosclerosis	Impaired growth
Bi-polar disease	Infertility, decreased sperm count
Coronary blood vessel disease	Obesity
Depression	Pre-diabetes
Diabetes	Peripheral neuropathy
High blood cholesterol	

Natural sources: corn oil, cloves, whole grain cereals, meat, and brewer's yeast.

*See the books section for the following title: ***The Enzyme Cure*** by Lita Lee, Ph.D.

Cobalt

200 +/- parts per million

Although the body only needs a small amount of **cobalt**, it is an essential mineral. Research indicates that **cobalt** helps with the repair of the myelin sheath, increases the effectiveness of glucose transport from the blood into body cells, and increases the assimilation of iron and the building of red blood cells. An important agent of Vitamin B-12, **cobalt** increases

the body's ability to absorb this vitamin. **Cobalt** stimulates many enzymes* of the body and normalizes the performance of other body cells. Because of its low absorption rate and high excretion rate, **cobalt** toxicity is not common, but an excess can lead to enlargement of the thyroid gland. **Cobalt** is stored in red blood cells with smaller amounts in the kidney, liver, pancreas and spleen.

Some symptoms of **cobalt** deficiency:

Digestive disorders	Pernicious anemia
Fatigue	Poor circulation
Myelin sheath damage	Slow or retarded growth rate
Nerve damage	

Natural sources: raw milk, goat milk, meats, apricots, and sea vegetables.

*See the books section for the following title: *The Enzyme Cure* by Lita Lee, Ph.D.

Copper[‡]

100 +/- parts per million

Copper increases iron assimilation, the two working together in the formation of hemoglobin and red blood cells. In fact, anemia can be a **copper** deficiency symptom. Various enzyme* reactions require **copper**. **Copper** influences protein metabolism and general healing, improves vitamin C oxidation and is integral in the formation of RNA. Low *or* high **copper** levels can be found in those with mental and emotional problems. **Copper** helps rid the body of parasites*, and is beneficial for graying and thinning hair. An excess of this mineral is not common because only a small percentage is assimilated; however, toxicity problems can present serious disease states. **Copper** is most concentrated in the liver, heart, kidneys, brain, bones, and muscles and is essential in the blood; trace amounts are present in all body tissues.

Some symptoms of a **copper** deficiency:

Allergies	Kawasaki Disease
Anemia	Liver cirrhosis
Aneurysm	Osteoporosis
Arthritis	Oppressed breathing
Dry brittle hair	Parasites
Edema	Parkinson's Disease
Gulf War Syndrome	Reduced glucose tolerance
Hernias	Ruptured disc
High blood cholesterol	Skin eruptions or sores
Hyper- and hypo- thyroid	White or gray hair
Hair loss/baldness	Varicose veins
Heart disease	Wrinkled skin

Natural sources: liver, whole grain cereals, almonds, green leafy vegetables, and seafood.

*See the books section for the following titles: *The Enzyme Cure* by Lita Lee, Ph.D.; *Guess What Came to Dinner* by Ann Louise Gittleman.

Germanium

50 +/- parts per million

Germanium, one of the most dynamic new discoveries in the realm of trace elements, is necessary for optimum nutritional health. Although still being researched for all its possible *supplementary* applications, **germanium** has been found to raise the activity level of various

organs by facilitating oxygen uptake and helping expel harmful pollutants and arresting germ activity.

Germanium also is believed to act as an anti-cancer agent, has proved itself effective in viral, bacterial and fungal infections and is known to stimulate production of natural killer cells and T-suppressor cells. A poor immune system and low energy indicate **germanium** deficiencies.

Some symptoms of a **germanium** deficiency:

Asthma	Leukemia
Cancer (breast, lung, bladder)	Neuralgia
Cardiac insufficiency	Nephritis
Hypertension	Neurotic disorders
Hepatic cirrhosis	Softening of brain tissue

Natural sources: garlic, ginseng, aloe vera, comfrey, all chlorophyll rich foods, shiitake mushrooms, and healing herbs.

Gold

50 +/- parts per million

Gold promotes a general euphoric feeling (helps the body relax), enhances the body's natural defenses against illness, and promotes vitality and longevity. **Gold** has been found to improve glandular function. Some people report that after taking **gold** for an extended period of time, it appeared to raise their energy levels. It is believed that **gold** helps repair damaged DNA.

Effective against joint inflammation, **gold**, when used with aspirin for arthritis, relieves pain. **Gold** is not an analgesic but may have anti-inflammatory effects.

Some symptoms of a **gold** deficiency:

Arthritis	Gland dysfunction
Brain dysfunction	Heat flashes
Chills	Insomnia
Cancer	Joint inflammation
Circulatory disorders	Night sweats
Depression	Neutralizes fluoride poisoning*
Digestive disorders	Obesity
Drug/alcohol addiction	Seasonal Affective Disorder (SAD)

*See the books section for the following title: ***Fluoride-the Aging Factor*** by Dr. John Yiamouyiannis.

Indium

80 +/- parts per million

Indium is a rare trace (or micro-) mineral believed to support several hormonal systems in the body and may elevate immune activity and reduce the severity and duration of a plethora of human conditions. It is believed that **indium** may provide aid to the hypothalamus and pituitary glands. These two master hormone producers have the job of maintaining optimal output of hormones for the body. Once this stasis is achieved, a great many other hormone-producers become stimulated, causing a domino effect and helping retard aging and various health problems.

Indium seems to enhance food and mineral absorption by the body. It even has been found to aid in the utilization of other essential trace elements. It is not found in food or water; in fact, although it is not ordinarily found in the human body at all after approximately 25-30 years of age, those people taking **indium** experience beneficial results immediately.

Some of the short-term benefits reported by many **indium** users include: increased energy, an enhanced sense of wellbeing – the so-called "indium high", and a reduced need for sleep. Long-term benefits of indium include (but are not limited to) a *gradual* correction of many chronic illnesses such as: ADD, improved blood pressure, stress-related problems, healthier body weight, autism, and a reversal of visible signs of aging. It is believed that when taking **indium** one feels rejuvenated and energized because the hormonal system is working better.

Some symptoms of an **indium** deficiency:

Cancer	Some glandular disorders
Depression	Lack of energy
Obesity	

NOTE: There are no sulfates in this product. Do not take with food. Not for use on broken skin or in the eyes.

Iodine

15 +/- parts per million

Iodine, called the "metabolizer", is one of the most vital of the biochemical elements and has one of the highest vibratory frequency rates of all elements. It mainly affects the thyroid, which controls many important functions. **Iodine** restores heat and assists calcium in the repairing and building of tissue in the body.

The thyroid gland secretes **iodine**. Hormones produced by the thyroid regulate and control the metabolism of the body, increasing the assimilation of salts. These hormones also control digestion, heart rate, body temperature, nervous system, reproductive system and body weight. **Iodine** protects the brain by destroying harmful toxins there and helps neutralize toxins elsewhere in the body. **Iodine** aids the assimilation of calcium and silicon.

Although a *regular elevated* intake of **iodine** would be required to produce **iodine** toxicity, allergic reactions to this mineral occur occasionally, manifesting as skin rashes or acne. **Iodine** is stored primarily in the thyroid and in smaller amounts in the muscles, skin, and bones.

Some symptoms of an **iodine** deficiency:

Cretinism	Hyper- and Hypo- thyroidism
Depression	Lethargy
Frustration	Miscarriages
Goiter	Scaly or dry skin
Hormonal imbalance	Sterility or Infertility

Natural sources: seafood, kelp, eggs, papayas, mango, pineapple, dulse.

Iron

75 +/- parts per million

Iron is called the "energy giver." It attracts oxygen and builds blood. Along with manganese and copper, it is necessary for healthy blood chemistry and is essential for recovery from illness. **Iron** is one of the most common deficiencies in men as well as women, although women require more **iron** than men because of losses that occur during the menstrual cycle. Without sufficient **iron**, the body cannot manufacture enough new hemoglobin, the red cell protein that transports oxygen in blood. **Iron** helps the body rid itself of carbon dioxide and keeps liver tissue soft.

Iron combines with other nutrients to produce vital blood proteins and is involved in food metabolism, digestion, elimination, circulation, and helps maintain sufficiently high blood

pressure. Vitamin C improves its absorption. Absorption of **iron** *from food* usually ranges from 5-15%, thus showing the need for supplementation. **Iron** is stored in the blood, bone marrow, liver and spleen, with trace amounts in every organ.

Some symptoms of an **iron** deficiency:

Anemia	Fatigue/lack of stamina
Anorexia	Fragile bones
Brittle nails	Growth retardation
Constipation	Hair loss
Dizziness	Headaches
Depression	Ice eating (Pica)
Dysphasia	Unnaturally pale skin

Natural sources: greens (chlorophyll), high iron fruits, dark berries.

Lithium

30 +/- parts per million

Lithium is a trace element that may be useful in treating alcoholism, manic depression and mental instability. We do not recommend our **lithium** mineral water for common or everyday use. Unlike our other mineral waters, **lithium** could have serious side effects. We believe that water-soluble elemental **lithium** *does not have* the side effects commonly associated with **lithium** compounds available from other sources. It has been added to our line of minerals at the request of numerous health care professionals. ***We suggest that you take this mineral only under the supervision of your health care professional.***

Magnesium[‡]

2,000 +/- parts per million

Magnesium is a natural tranquilizer. It is called the “anti-stress mineral” because it aids in relaxing nerves and relieving tension. It also assists digestion, activates enzymes* important for protein and carbohydrate metabolism, and modulates the electrical potential across all cell membranes.

Magnesium is important in muscle contraction and relaxation, the production and transfer of energy, and in nerve conduction. It also aids regularity, is necessary to keep vertebrae in their proper position, induces restful sleep, purifies and purges body tissues (combats acids*, toxins, gases, impurities, and neutralizes poisons), and lowers fever. **Magnesium** is stored in the bowel, nerves and ligaments.

Some symptoms of a **magnesium** deficiency:

Asthma	Malignant calcification of tissue
Anorexia	Migraines
Cramps	Muscular weakness
Convulsions	Muscle tremors
Calcification of organs	Muscle tics
Calcification of small arteries	Myocardial Infarction
Depression	Neuromuscular problems
ECG changes	PMS
Growth failure	Vertigo
Headaches	Wrinkles
Kidney stones	

Natural sources: chlorophyll, nuts, whole grains, unpolished rice, wheat germ, and green vegetables.

*See the books section for the following titles: *The Enzyme Cure* by Lita Lee, Ph.D.; *Death by Diet* by Robert R. Barefoot; *Reverse Aging*, Sang Whang.

Manganese[‡]

100 +/- parts per million

The “brain mineral” **manganese** is important in the utilization of all mental facilities/functions. It aids memory and other brain and nerve faculties and also increases resistance and recuperative ability. Like iron, **manganese** aids in oxygen transfer from lungs to cells. Though only found in trace amounts in the body, good health is impossible without **manganese**.

Manganese strengthens tendons, tissues, ligaments, and linings in and outside of organs... “If the human body is well supplied with it (**manganese**), various tissues, cells and nerves become more ductile, tensile, and elastic” (*The Chemistry of Man* by Bernard Jensen). **Manganese** makes up a part of molecules known as mucopolysaccharides, which are used to form collagen, the strong fibrous connective material that builds tissue, bone, and cartilage. This mesh of collagen is the framework on which calcium, magnesium, and other bone hardening minerals are deposited. Deafness, if due to damage of the cartilage of the ear, can be attributed partially to a deficiency in **manganese**. Production of sex hormones is aided by **manganese**; it also helps the reproductive organs work properly because of its effect on tissues and nerves. The pain of menstrual cramps can be reduced through the use of **manganese**. **Manganese** is stored half in the bones and the remainder in the liver, pancreas, pituitary gland, and kidneys.

Some symptoms of a **manganese** deficiency:

Carpal Tunnel Syndrome	Multiple Sclerosis
Deafness	Nerve problems
Depression	PMS
Gout	Poor muscle co-ordination
Hearing problems	Retarded or stunted growth
Infertility	Ringing in the ears (Tinnitus)
Lack of concentration	Stiff tendons
Loss of libido in both sexes	Stuttering
Memory loss/mental confusion	Tremors
Miscarriages or stillbirths	

Natural sources: black walnuts, other raw nuts/seeds, pineapple, blueberries, avocado, cantaloupes, spinach, and the bran/germ of whole grains.

Molybdenum

50 +/- parts per million

Molybdenum is a little-known, though essential, trace mineral. It is instrumental in regulating pH* balance in the body. For each pH point increase (e.g., 6.1 to 6.2), the oxygen level is increased ten times, increasing the metabolism and enhancing the body’s ability to burn fat.

Although very small amounts are needed, **molybdenum** is a vital part of three important enzyme* systems and is necessary for the proper function of certain enzyme-dependent processes, including the metabolism of iron. When the iron stored in the liver is freed by the **molybdenum**-dependent enzymes, it then can carry oxygen to body cells and tissue.

Molybdenum works with the enzyme systems to help eliminate toxic nitrogen waste by turning it into uric acid. The uric acid then can be converted and more easily flushed out of the system.

Molybdenum promotes general well being, aids in carbohydrate metabolism, has proven itself useful in MSG (or other chemical) sensitivity, increases libido, and may enhance the effect of fluorine in tooth decay prevention (dental enamel is rich in **molybdenum**). It also induces sleep. **Molybdenum** has been found to interfere with the absorption of copper, so we recommend taking it at a different time than copper. **Molybdenum** is stored in the liver, bones and kidneys.

Some symptoms of a **molybdenum** deficiency:

Acne	E. coli
AIDS	Eczema
Allergies	Epstein Barr
Anemia	Gout
Anthrax	Gulf War Syndrome
Asthma	Hepatitis C
Athlete's foot	Herpes simplex
Bell's Palsy	Impotency
Bladder infection	Insomnia
Cancer	Liver damage - Cirrhosis
Candidiasis	Lupus
Canker sores	Lyme Disease
Cavities	Multiple Sclerosis
Conrail/Chemtrail exposure	Obesity
Colds/Flu	Parasites
Depression	Prostate infection
Diabetes	Ringworm

Natural sources: spinach and other leafy, dark green vegetables, cauliflower, whole grains such as oats, buckwheat, and wheat germ, potatoes, legumes (beans and peas), Brewer's yeast and liver and organ meats.

*See the books section for the following titles: *The Enzyme Cure* by Lita Lee, Ph.D.; *Death by Diet* by Robert R. Barefoot; *Reverse Aging*, Sang Whang.

Platinum

50 +/- parts per million

Platinum is used in the treatment of cancer and as a base in some of the chemotherapeutic treatments in conventional hospitals, although not in the proper (natural) form.

In the early 1970's, **platinum** was used in the dye used when x-raying women's breasts. Breast lumps reportedly began shrinking and even disappearing after use of the dye. Many believed the **platinum** in the dye caused the shrinking and disappearance. Since then, **platinum** dye has been replaced with radioactive dyes. **Platinum** may be effective in killing disease-causing bacteria, fungi, viruses, and helping boost the immune system.

Some symptoms of a **platinum** deficiency:

Back pain	Mental alertness
Cancer	Nerve damage
Chronic fatigue	Neuralgia
Gland dysfunction	PMS
Headaches	Poor concentration
Insomnia	

Potassium

900 +/- parts per million

The “alkalizer”* mineral, **potassium** neutralizes acids and restores alkaline salts to the bloodstream. **Potassium** works with sodium in all cells including at nerve synapses to maintain or restore membrane potentials and assist in metabolic processes. **Potassium** is critical to cardiovascular and nerve function, regulating the transfer of nutrients into cells and facilitating muscle energy. It also regulates water balance, assists recuperative powers, aids rheumatic or arthritic conditions (causing acids to leave the joints, easing stiffness), is vital for the elimination of wastes, is a natural pain desensitizer, helps control convulsions, headaches, and migraines, promotes faster healing of cuts, bruises and other injuries, and generally contributes to a sense of well being. **Potassium** is stored in the muscles.

Some symptoms of a **potassium** deficiency:

Bad circulation	Insomnia
Bluish tint to skin	Intestinal pain
Chronic Fatigue Syndrome	Muscle weakness
Diabetes	Oppressive breathing
Earaches	Pain in the eyes
Edema	Prolapsed uterus
Headaches	Swollen glands
Heart palpitations	Tissue anemia
Hypertension	Water retention

Natural sources: leafy green vegetables, citrus, bananas, black olives, potato peelings, beets, beans, kelp, whole grains, and seafood.

*See the books section for the following titles: *Death by Diet* by Robert R. Barefoot; *Reverse Aging*, Sang Whang.

Selenium

75 +/- parts per million

Selenium is an essential trace mineral that works with Vitamin E in metabolic functions. It promotes normal body growth, enhances fertility, encourages tissue elasticity and is a potent antioxidant that naturally reduces the retention of toxic metals in the body. **Selenium** is crucial for the proper functioning of the heart muscle and there is evidence that it can help the body fight cancer. The people of Norfolk, England, are said to be among some of the longest-lived in the world. Scientists believe it is due to high concentrations of **selenium** in the soil. A low level of **selenium** in soil has long been associated with higher cancer rates. **Selenium** is stored in muscle and other tissues, as well as in the liver and kidneys.

Some symptoms of a **selenium** deficiency:

Age/liver spots	Immune deficiencies
Alzheimer's	Infertility
Anemia	Multiple Sclerosis (MS)
Cancer	Muscular Dystrophy (MD)
Cardiomyopathy	Muscular weakness
Cirrhosis of the liver	Pancreatic atrophy
Cystic Fibrosis	Pancreatitis
Fatigue	Parkinson's Disease
Fibromyalgia	Premature aging
Heart disease	Scoliosis

Heart palpitations
HIV (AIDS)
Hot flashes

Sickle cell anemia
Sudden Infant Death Syndrome (SIDS)

Natural sources: organ meats (liver, kidney), seafood, whole grains, and many natural foods.

Silver[‡]

100+/- parts per million

Silver has been used for thousands of years for health care. It is believed that **silver** is a systemic disinfectant and works like a secondary immune system. Since **silver** only kills *anaerobic* (nitrogen breathing) bacteria, the friendly bacteria in the digestive tract are immune to it because they are aerobic (oxygen breathing). **Silver** also can neutralize sodium fluoride* poisoning.

*“What we have actually done was rediscover the fact that **silver** killed bacteria, which had been known for centuries...when antibiotics were discovered, clinical uses for **silver** as an antibiotic were discarded.”*

Dr. Robert O. Becker, M.D.

Symptoms of a **silver** deficiency and some diseases where the use of **silver** may be beneficial:

Anthrax	Gonorrhea
Athlete's foot	Impetigo
Boils	Infection
Candida	Influenza
Cerebro-spinal meningitis	Intestinal trouble
Colitis	Pneumococci
Cystitis	Ringworm
Dermatitis	Shingles
Diphtheria	Staphylococci
Diplococcus	Tuberculosis
Dysentery	Warts
E. Coli	Whooping cough

*See the books section for the following title: *Fluoride-the Aging Factor* by Dr. John Yiamouyiannis.

Sulfur[‡]

900 +/- parts per million

Sulfur is the heating mineral. It aids every cell in the elimination of toxic substances through agitation. **Sulfur** aids functions in enzyme* reactions and protein synthesis and is important in cellular respiration. It is the flexible bond that connects cells, the lubricant found between joints. A deficiency of water-soluble **sulfur** can lead to a variety of conditions ranging from skin irritations and rashes to total breakdown of cellular regeneration. Pain and inflammation associated with various muscle and skeletal disorders indicate a deficiency of **sulfur**.

It is believed that **sulfur** can repair the myelin sheath, the protector on the end of every nerve in the body. Damage to the myelin sheath causes the shaking condition in palsy, Multiple Sclerosis, Lorenzo's Disease and many other disease conditions where motor functions are uncontrollable.

Allergies to food and chronic or severe allergies to materials such as dust, pollen, wool, animal hair, feathers, etc., with symptoms ranging from respiratory congestion to inflammation, itching, and general discomfort, can be relieved with **sulfur**. It increases blood circulation,

reduces back pain, relieves migraine headaches, promotes muscle healing, scavenges free radicals, beautifies the skin, controls acidity* in stomach ulcers, is important for carbohydrate metabolism and speeds wound healing. **Sulfur** is stored in the brain, nerves, bowel and liver, and in all body cells, especially skin, hair, and nails.

Some symptoms of a **sulfur** deficiency:

Arthritis	Infection
Asthma	Migraines
Acne	Muscle pain
Back pain	Nerve disorders
Constipation	Stress
Circulatory problems	Skin disorders
Dry skin	Urinary tract disorders
Free radical damage	Various muscle/skeletal disorders
Inflammation	Wrinkles

Natural sources: kale, cabbage, cauliflower, horseradish, cranberries, meat, fish, egg yolks, onion, and garlic.

*See the books section for the following titles: *The Enzyme Cure* by Lita Lee, Ph.D.; *Death by Diet* by Robert R. Barefoot; *Reverse Aging*, Sang Whang.

Tin

100 +/- parts per million

Tin has many chemical and physical properties similar to those of carbon, silica, germanium and lead. It has been implicated in hair loss and hearing loss, but little is known about the functions for **tin** in humans. **Tin** is concentrated primarily in the adrenal glands and in the tissues, liver, brain, spleen and thyroid.

Some symptoms of a **tin** deficiency:

Hair loss	Male pattern baldness	Hearing loss
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Vanadium[‡]

300 +/- parts per million

Vanadium regulates the circulatory system, helps prevent excessive cholesterol deposits in blood vessels and cholesterol buildup in the central nervous system, lowers elevated blood sugar and is believed to help reduce the incidence of heart attack. When used in combination with chromium, it is found to be very beneficial in dealing with mineral deficiencies found in diabetics and those with hypoglycemia.

It is estimated that 80 million Americans exhibit some of the characteristics of diabetes: insulin resistance, excess insulin release, high triglycerides and high blood sugar. Chronic weight loss or gain, frequent urination, and chronic thirst are warning signs that are indicative of the possible onset of diabetes.

Some symptoms of a **vanadium** deficiency are:

Cardiovascular disease	Infertility
Diabetes	Metabolic dysfunction
High cholesterol	Obesity
Hyperinsulinism	Pancreatic dysfunction
Hypoglycemia	

Natural sources: oysters, kelp, gelatin, vegetable oil, soy, sunflower, corn, olive oil, buckwheat, parsley, oats, rice, green beans.

VanChroZin

1200 +/- parts per million

VanChroZin stands for the specialized mineral combination of *Vanadium, Chromium,* and *Zinc*. It incorporates the best qualities of each of these minerals. Designed for the mineral deficiencies found in diabetics and hypoglycemics, **VanChroZin** may be used for other deficiency disorders as well.

Below is a list of some conditions we believe our product may help:

Hypoglycemia	Diabetes
Slow growth	Infertility
Cardiovascular disease	Increased infant mortality
Hyperinsulinemia	Obesity
Elevated cholesterol & triglycerides	Pancreatic dysfunction
Metabolic dysfunction	

Water of Life[‡]

4000 +/- parts per million

Our **Water of Life** begins as a fossilized kelp seaweed product from Nevada. Centuries ago, part of Nevada was covered by a sea where a great underwater kelp forest flourished. The rich sea minerals were extracted by the kelp and concentrated within. Today, those long-dry seabeds offer us a unique and potent blend of natural minerals and calcium salts called “CALZYME”. This natural blend causes the same kind of healthful catalytic effects usually associated with *enzymes**.

We then take the calzyme and add our own blend of “missing elements” to create a finished product (**Water of Life**) that aids and promotes the body’s natural functions, helping promote healthy blood, strengthening cell walls, and aiding in the proper contraction and relaxation of muscles such as the heart.

The numerous elements that compose our bodies are constantly being used up and must be replenished. Unlike all our other mineral products targeted to specific health needs, **Water of Life** contains approximately 84 elements in trace amounts, making it the perfect nutritional supplement for overall body maintenance.

*See the books section for the following title: *The Enzyme Cure* by Lita Lee, Ph.D.

Zinc[‡]

300 +/- parts per million

Zinc deficiency is common today due to the depletion of nutrients and minerals in our soil and losses associated with food processing. A deficiency of **zinc** can lead to a wide variety of degenerative diseases and illnesses. **Zinc** aids in: the proper assimilation of vitamins, normal growth and development, maintenance of body tissues, sexual function, immune system, chemical detoxification, synthesis of DNA, and helps reduce healing time both before and after surgery.

Zinc is anti-bacterial, anti-viral and is found in all the body fluids, including fluid in the eyes, lungs, nose, urine and saliva. It is an anti-oxidant, and must be in proper balance to assist some 25 enzymes* in various functions involving digestion, metabolism, and reproduction.

In the 1800’s, surgeons used **zinc** as an antiseptic/antibiotic. Lack of **zinc** in pregnant women can result in numerous birth defects. Because **zinc** moves through all the fluids in the body, it creates a defense against infection-causing bacteria and viruses trying to enter the body

and stops bacterial and viral replication. **Zinc** is stored in the thyroid, pancreas, liver, kidneys, bones, voluntary muscles, prostate, sperm, skin, hair, nails, white blood corpuscles and parts of the eyes.

Some symptoms of a **zinc** deficiency:

Angina	Eye diseases
Alzheimer's	Free radical damage
Anemia	Herpes
Anthrax	Hypertension
Alcoholism	Hair loss
Acne	Infertility
Anorexia & Bulimia	Infection
Body odor	Libido, loss of
Birth defects (cleft lip, spina bifida, clubbed limbs, hiatal/umbilical hernias)	Loss of smell and taste
Cavities	Miscarriages
Crohn's Disease	Obesity
Depression	PMS
Diabetes	Still births
Down's Syndrome	Thyroid disorders
	Urinary tract infections

Natural sources: oysters, red meat, liver, egg yolks, whole grains, nuts, legumes, poultry, seafood, Brewer's yeast, mushrooms.

*See the books section for the following title: *The Enzyme Cure* by Lita Lee, Ph.D.

OTHER PRODUCTS

Mineral Test Vial Kits

This mineral test kit is designed for kinesiology testing. The kit consists of 22 mineral samples, one EPN and one PRNA sample. The 2.5ml vials are packed in a foam-filled carton.

The pH Factor

The term "pH"* means "potential of hydrogen", and the pH scale is used to state the overall hydrogen level of the body. It is a measure of the acidity or alkalinity of a solution. Hydrogen balance is very important. Our bodies are 70% water (a solution). The pH of the body's fluids and tissues is measured on a scale of 0 to 14; the lower the pH, the more acidic the solution, the higher the pH, the more alkaline. Low pH cells are **anaerobic** (nitrogen breathing), cancerous cells. **Aerobic** (oxygen breathing) cells are healthy cells; they have a high pH. The pH in the body controls fat, and alkaline elements break down fat.

A pH of 7 is neutral, a *balance* between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming). Since the body is constantly striving to maintain that balance, a range of 6.0-7.5 is a good pH.

We have pH test kits available.

*See the books section for the following titles: *The Calcium Factor* by R. R. Barefoot; *Death by Diet* by Robert R. Barefoot; *Reverse Aging*, Sang Whang.

EPN** (Enzyme PhytoNutrient)

A Liquid Enzyme* For Immune Support and Optimal Health

EPN complex is a patent-pending enzyme phytonutrient (from a plant source) that provides the enzymes and saccharides necessary for optimal cellular communication. No combination of vitamins, minerals, amino acids or herbals can replace the necessary saccharides found in **EPN**. We believe that **EPN** will provide total enzyme supplementation.

Proteins and carbohydrates are chief components of the human body. In the past, food always has provided these essential building blocks. However, scientists are learning more each day about the functions that specific nutritional food components play in the body. As recently as this century, the benefits of vitamins, minerals, amino acids and phytochemicals were discovered.

Studies conducted to determine the effects phytonutrient dietary supplementation had on a variety of infections found that enzyme phytonutrients were demonstrated to be effective in supporting the immune system.

There is evidence also to suggest that phytonutrient molecules mediate most of the communication that occurs between the 100 trillion or so cells of the human body. Incomplete or poorly formed phytonutrient molecules can result in defective cell messages, which may have implications for immunity. While human milk contains high concentrations of phytonutrients, animal milks vary in the combinations and amounts present. Breast-fed infants are known to have an increased resistance to middle ear infections as well as other childhood illnesses.

PhytoNutrients have been tested in:

- Alcohol craving
- Anger control
- Attention-Deficit-Hyperactivity Disorder (ADHD)
- Autistic children
- Behavior modification
- Benign Mucous Membrane Pemphigus
- Candida Albicans
- Canker sores (Apthous stomatitis)
- Chronic Fatigue Syndrome
- Cold sores or fever blisters (Herpes labialis)
- Cocksackie Viruses
- Decrease the need for medications
- Depression
- Diabetes Mellitus
- Dyslexia (learning difficulties)
- Enhanced glutathione levels
- Fibromyalgia
- Hepatitis C
- Immune function
- Inflammation
- Inflammatory Diseases of the Heart
- Inflammatory Diseases of the Pancreas
- Liver enzyme serum changes
- Lupus
- Menopause
- Oral Mucosal Disease
- Osteo-Arthritis
- Periodontal disease (tooth loss)
- Positive outlook
- Protection from chemically-initiated glutathione depletion
- Respiratory airflow in asthmatics
- Rheumatoid arthritis
- Tay-Sachs disease
- Temper
- Temporomandibular joint syndrome (TMJ)
- Tissue disorders

EPN is created through a unique fourteen-day process. Because this manufacturing process resembles the steps taken as for human digestion, soy seeds are completely assimilated into basic nutrients and natural sweeteners. Through this proprietary process, nutrient enzymes are produced along with a phyto-sweetener resembling human colostrom (found in mother's

breast milk). Therefore, **EPN** is an all-in-one combination of healthful enzymes and a phyto-sweetener. Due to the fact that the creation process is digestive in nature, there is no residual, unassimilated soy matter remaining.

We believe that our **EPN** will allow the body to create all the sugars the body needs, and it is safe for diabetics. **EPN** does not allow the protein molecules to split, thus helping the body's digestion and assimilation processes. **EPN** further helps increase oxygen levels while helping raise pH. Raising pH can protect one from the free radical damage that normal foods create during a nutritional metabolic process. Our **EPN** can go into the body and metabolize without free radicals, which helps one's body preserve current anti-oxidant materials.

Enzyme phytonutrients provide energy directly to the individual cells and enhance the electromagnetic fields in the body, thus causing increased energy.

In conclusion, we believe that **EPN** will aid in all facets of digestion/enzyme function and possibly provide a variety of the benefits described above.

The recommended amount is 1 TBL per day mixed with any liquid. For best results, take on a full stomach. We offer **EPN** in pints, quarts, and gallons.

*See the books section for the following title: *The Enzyme Cure* by Lita Lee, Ph.D.

**Contains salt.

P-RNA

(Phyto-Ribonucleic Acid) Dry Enzyme*

What is "RNA"? Why do we need it? What does it do? RNA stands for *ribonucleic acid*. Ribonucleic acid is responsible for building proteins and protein synthesis in the body. To understand RNA function one must understand protein function.

A protein is a group of molecules composed of elements and amino acids. These are in all living cells and many substances such as enzymes, hormones and the antibodies that are necessary for the proper functioning of any living organism. They are absolutely essential to all animal diets and to the growth and repair of tissue in the body. Without RNA, protein would not be produced or synthesized by the body. This is why RNA is so vitally important.

There are 3 types of RNA: *messenger* RNA, *transfer* RNA and *ribosomal* RNA. **Messenger** RNA is responsible for taking messages from your DNA (your gene structure) and providing a template or a single strand mirror image for your amino acids to link up with. This is where transfer RNA comes in. **Transfer** RNA seeks out and brings each individual amino acid to the chain and parks it in its particular slot where it will do the most good and be the most beneficial. Now enters rRNA (ribosomal RNA). **Ribosomal** RNA provides the machinery or energy needed to start the protein synthesis process.

As we age, there tend to be breakdowns and shortages of nucleic acids in the system, leading to RNA errors and lack of protein synthesis. This is where aging comes from.

Research done by Dr. Benjamin Frank, author of *Nucleic Acid Nutritional Therapy*, Dr. Milton Fried and HEM Pharmaceuticals shows clearly that those who supplement with RNA on a regular basis showed improvement in their memory function, increased energy levels, better tolerance of extreme temperature changes, enhanced immunity, better vision and tighter, radiant skin. They also found that those who supplemented with RNA looked 5-15 years younger than their actual age.

P-RNA is just the product to help with the above. We believe it will not only help one to look and feel younger, but that it will aid in ridding the body of toxins, repair genetic sequences and alterations, desensitize the blood to allergies and promote general youth and vitality.

The recommended amount is 1 tsp. per day.

*See the books section for the following title: *The Enzyme Cure* by Lita Lee, Ph.D.

Body Alkalizer

The **Body Alkalizer*** is essentially a form of liquid that, when added to water, will change the value thereof to an alkaline. The basis behind this is to reverse the aging that occurs in one's body as a result of accumulated non-disposed cellular waste in the system. Since waste products are carried out by the blood and disposed of in a liquid form, drinking the proper kind of water is essential. Alkaline water works on a cellular level; it causes the waste products accumulated in the cell to be removed from the system via perspiration or urine. It also raises one's own pH level, bringing the body to a healthier, more alkaline state.

Water is a very strong solvent. It sustains and even protects life. It carries essential minerals throughout the body, supplying the cells with the necessary nutrients. It is essential in every aspect of our lives, and because of this, getting the right type of water is vital. Many assume the more pure the water, the better. The truth is, "pure" water (distilled) is dead. Nothing can live in it, and if taken long enough it will leach out valuable minerals such as calcium, magnesium, potassium and sodium from the body. What is more important is *the right type of water*.

Only a few drops of our Body Alkalizer in a glass of milk will neutralize lactic acid, but it will take 120 drops of the Body Alkalizer to neutralize your soda! When added to normal bathtub water (approximately 20 drops), you'll come out clean as a whistle, no soap required. This is an amazing product! One one-ounce bottle yields five 2-drop doses a day for 45 days.

*See the books section for the following titles: *Death by Diet* by Robert R. Barefoot; *Reverse Aging*, Sang Whang.

OxyDrops

OxyDrops is a liquid concentrate of electrolytes of oxygen made available to the body in a molecular form and released upon contact with stomach acid. ***OxyDrops*** is the highest quality, strongest and most stable of all the liquid electrolytes of oxygen available today. By providing the bloodstream with molecular oxygen, it is possible to kill anaerobic (unfriendly) bacteria and other parasites on contact without harming either tissue or friendly (aerobic) bacteria. When extra oxygen is released into the bloodstream in this manner, though minimal when compared to the amount of oxygen entering via the lungs, it is very beneficial to one's metabolism.

If the body can maintain a robust cellular oxidation, meaning that virtually every cell in the body is functioning well, disease and bacteria are killed. When cell oxidation is diminished due to stress, pollution and junk foods, the body is opened up to degeneration, fatigue and sickness.

The chlorite molecule is used for a number of important enzymes that help improve cell oxidation. In fact, the most abundant element found in healthy human blood is chlorine, followed by sodium, calcium, magnesium, iron and so forth.

OxyDrops has specific enzyme-enhancing qualities. When ***OxyDrops*** hits stomach acid, it breaks it up into elemental sodium and oxygen; when it is diluted in water, the high alkaline pH is rapidly lowered from a pH of 12-13 to a pH of about 8.6. When this happens, the chlorite-oxygen molecule is separated from the sodium atom. Tiny amounts of chlorine dioxide are released and this reaction destroys microbes in the water, making our ***Oxydrops*** a good thing to have on hand if the water source is questionable. One four-ounce bottle yields two 10-drop doses a day for 60 days.

Queen Anne's Lace

Seed Tincture

In old times (as in “folklore medicine”), it was discovered that the seeds of *Queen Anne's Lace* could be of benefit as an antiseptic diuretic useful in such conditions as cystitis and prostatitis, as well as dropsy and the elimination of uric acid from the body (good for use with gout). Also, the seeds were used for the washing out of gravel and urinary stones. The seeds, high in volatile oils, have been found by some to be soothing to the digestive system, and may be useful for colic and flatulence. Some menopausal and post-menopausal women have reported that the use of our *Queen Anne's Lace* SEED TINCTURE (¼ teaspoon daily) is proving successful as a substitute for yam cream.

NOTE: Contains *estrogen*. *Queen Anne's Lace* seeds have been found to block progesterone synthesis in pregnant laboratory animals. Some herbalists employ the seeds for implantation prevention. **DO NOT USE THIS PRODUCT IF PREGNANT OR TRYING TO BECOME PREGNANT.**

MSM Lotion

MSM Lotion is made of all natural products: almonds, apricots, aloe vera, jojoba, calendula, melaleuca, and **MSM**. Almonds, apricots, aloe vera and jojoba soften and moisten the skin. Calendula and melaleuca kill fungi that develop around fingernails as well as athlete's foot and ringworm. The **MSM** eliminates the inflammation of carpal tunnel, dissolves scar tissue and surface blemishes, prevents blistering, and almost immediately takes the sting out of a second degree burn. Using the lotion helps concentrate the **MSM** in places where the body needs special attention. The **MSM Lotion** is ideal for skin care and maintenance, bringing softness and elasticity to your skin care needs.

Available in 4oz., 8oz. and 32oz. sizes; **Apricot** and **Vanilla** scents and **Unscented**.

WaterOz Gemstones Soaps

WaterOz Gemstones Soaps are a delightful synergy of fragrance, color, and health-enhancing properties. **Topaz** – (Tangerine). A wonderful orange-y scent, **Topaz** is calming to the nerves. Its aromatic influences include relieving emotional grief and stress and assisting to bring about a sense of peace. **Amethyst** (Lavender). This marvelous fragrance is not only reminiscent of “olde English gardens” but also may help with acne, athlete's foot, eczema, insect bites and stings, and headaches. By balancing extremes of emotions, it may contribute to emotional equilibrium. This fragrance relaxes and soothes. **Pink Sapphire** (Romance in Bloom). This soap was formulated using Rose and Jasmine oils, which enhance a romantic setting. **Pink Sapphire** brings back memories of long summer nights, passion, and love. **Pearl** (Vanilla) is the ultimate in vanilla fragrance. The use of this soap offers memories of lazy days in the sun – helps to calm the emotions. No essential oil was used in this product. **Amber** (Sandalwood). **Amber** is a healing soap, good for any skin type or condition and mild enough for even sensitive skin. It is believed that sandalwood has properties that will help relieve fungal and bacterial infections. Sandalwood was used anciently as an aphrodisiac and to aid with meditation. **Ruby** (Peppermint) is a wonderful eye-opener, stimulating the senses and relieving mental fatigue. It has been found to be beneficial for itchy skin, acne and ringworm. A stimulating fragrance.

5 oz. soaps contain: glycerine, sulfur, and essential oil except where noted.

No Buyer's Club commission will be paid on Gemstone Soaps.

Vitamin C

Vitamin C is necessary for the body to produce *collagen*. It also maintains the tissues and builds the immune system, and is severely depleted with stress. The human body does not produce **Vitamin C**, so must be introduced into the diet. The **Vitamin C** that we offer is buffered with bioflavonoids, which reduce the irritation some people experience in their stomachs with just ascorbic acid Vitamin C. We recommend taking **Vitamin C** with our *sulfur* mineral water. It is available in 250 count 500mg capsules.

Nebulizers

MicroAir[®] Portable Ultrasonic Nebulizer (Model NE-U03V) and the **CompAir**[®] Compressor Nebulizer System (NE-C21) from OMRON[®]. *Nebulizers are non-refundable.*

The **MicroAir**[®] portable ultrasonic nebulizer is one of the most efficient aerosol delivery devices on the market today. It subjects liquid minerals to ultrasonic vibrations that break the minerals into a dense aerosol for inhalation. It operates silently and has a control for either continuous or intermittent delivery. The cup has a 5ml capacity. Other features include LEDs to indicate power and battery status, both a mask and mouthpiece for ease of use, and both AC and battery operation. Comes with 2 screens. Replacement screens are available. A variety of accessories also are available. White only. The **MicroAir**[®] runs on standard AC power or 4 “AA” batteries.

The **CompAir**[®] *Elite* offers the best in *compressor* nebulizer technology. Clinically proven for aerosol delivery to the lungs, the *Elite* is one of the most convenient compressor nebulizers because of its compact size and the shorter treatment time. Black only. An optional battery pack and adaptor for a car cigarette lighter also are available.

Chi Lite

According to traditional Chinese medicine, “Chi” (chee) is the principal vital energy in the living organism responsible for life. This circulation of energy is the central thesis of Chinese philosophy on which *acupuncture* is based. We believe that through using our **CHI LITE** to stimulate acupuncture points on the body, one may be able to attain relief from stress, pain, muscle injuries, infections and help build the immune system. There are no known side effects nor can the **CHI LITE** stimulator be overused. This safe non-coherent light-emitting diode (utilizes 15,000 millicandle illumination) uses two (2) “AA” batteries (included) and comes in its own carrying pouch. Emits both solid and pulse settings; pulse rate is 266 cycles/second; 660 nanometer wavelength. 30-day money back guarantee. Instructions included. No commissions paid in Buyer’s Club.

Ozone Generator

Ozone, a “super-active” form of oxygen composed of three molecules bound together, is produced naturally when the ultra-violet rays of the sun strike oxygen molecules high above the earth. A natural purifier, ozone has the clean fresh scent one notices after a heavy rainstorm and, just as nature uses ozone to protect all life on earth from pollutants and harmful radiation, so our **Ozone Generator** can be used to help protect the individual against bacteria and viruses.

Our **Ozone Generator** is easy to use, inexpensive to operate, light and portable. Each of our ozone generators is controlled by a simple on-off switch and is available in two different models: (a) the basic ozone generator and (b) the oxygen-ready model. The basic model can produce up to 1 gram of ozone per hour, while our oxygen-ready unit produces up to 1 gram of

oxygen without being attached to an oxygen tank and up to 5 grams of ozone when attached to an oxygen tank.

The ozone generator has three basic uses: (a) water purification, (b) air purification, and (c) personal health. As a water purifier, our **Ozone Generator** will purify approximately one ounce of water per minute, revitalizing the taste of stored water and not adversely affecting the resulting pH. The **Ozone Generator** also helps kill algae in water. As an air purifier, it will cleanse the air of all known viruses and bacteria as well as eliminate harmful and unpleasant odors like cigarette smoke and airborne molds. Daily use of the **Ozone Generator** will help maintain and promote personal health. Not only will exposure to ozone rid the body of fungal infections like athlete's foot, it has proved effective in helping control conditions such as acne, chapped skin, and melanoma. Ozone has been found effective on insect and spider bites. When taken internally, ozonated water has shown positive results for a variety of conditions such as ulcers, asthma, and cancer.

Our **Ozone Generator** is environmentally safe. It produces ozone through the use of a quartz crystal lamp, using a frequency of 180 nanometers. Our machines use naturally occurring crystal forms to generate negatively charged ions. Many have reported that the positive-charged ions produced by dangerous, high-voltage ozone machines have caused feelings of depression and fatigue.

An added benefit of ozone use – it will extend the shelf life of your fruits and vegetables. Just place the fruit in a bowl of water, attach a fish stone to the end of the plastic tube, drop the fish stone into the water and allow the machine to run 15-20 minutes.

Our **Ozone Machine** comes with a one-year parts warranty from date of purchase.

Ozone generator specifications:

Approximately 1 gram of ozone an hour
Produces negative ions
No nitrogen oxides
Specifications: 120 volts AC .9 amps = 108 watts
Plastic cabinet
Unit dimensions: 7 ½ “H x 7 ½ “ W x 19” L
Weight: 8 lbs. (shipping weight = 14 lbs.)

Ozone generator (with oxygen-ready feature) specifications:

Approximately 1 gram an hour without oxygen tank
5 grams an hour (approximate) when attached to oxygen tank
Produces negative ions
No nitrogen oxides
Specifications: 120 volts AC .9 amps = 108 watts
Plastic cabinet
Unit Dimensions: 7 ½ “H x 7 ½ “W x 19” L
Weight: 8 lbs. (shipping weight = 14 lbs.)

Ozone Body Suit

The ozone body suit is designed for use with our ozone generator. The benefits of using the two together range from helping relieve simple muscle fatigue to aiding severe infections such as limb-threatening gangrene. It has been reported that using the body suit with the ozone generator helps cleanse the skin, removes odor, oxygenates and improves circulation, aids in the removal of viruses from the body and attacks cancer cells. Our ozone suits are made of a durable rip-stop nylon that does not allow the ozone to escape. (The purpose of the suit is to trap the concentrated ozone around you, enabling your body to maximize use of the ozone produced by

our ozone generator.) The suit is 62 inches long and 38 inches wide, suitable for a large person to use.

The hose to the ozone generator can be slipped inside the suit at any opening to allow maximum concentration to the area being ozonated. When utilizing the body suit, one may wear clothing or not; if you want to wear clothing, loose fitting cotton clothing is recommended; rubber or plastics deteriorate when exposed to ozone. It is important to remain warm during sessions in the body suit so that the pores open, allowing the body to absorb the ozone directly through the skin. See information on the ozone generator for more information on the benefits of ozone for the body.

NOTE: You may use up to 4 hours for any extremity. Do not exceed 1-hour maximum for torso area.

SlickOz Metal Conditioner

SlickOz Metal Conditioner is the newest innovative anti-friction metal treatment for your automobile! It can extend the life of your vehicle's engine and increase mileage by as much as 20%!

SlickOz is an anti-friction metal conditioner. It does not actually change the traits or characteristics of engine oil, but acts as a protective lubricant, reducing engine friction and causing your automobile to run more smoothly and efficiently. An added benefit of this product is its multiple uses. Not only can you add it to engine oil (by the way, it protects against dry startups), but you may use it in gas and diesel engines, automatic and standard gear boxes, transmissions, power steering, electric motors, hydraulic systems, transfer cases, etc.

The initial treatment is 2 oz. of **SlickOz** per quart of oil. Thereafter, use 1 oz. per quart every 10,000 miles or every third oil change.

On average, one quart of **SlickOz** will protect your vehicle's engine for up to 40,000 miles. It is the most cost-effective treatment available today. It can improve gas mileage, increase power, lower operating temperatures and extend the life of your vehicle's engine.

SlickOz Metal Conditioner is offered in both quarts and gallons. 30% commission paid in Buyer's Club.

SlickOz Gas and Diesel Treatments

These products, formulated specifically for individual engine needs, aid in reducing carbon buildup on intake valves, combustion chambers, fuel injectors and carburetors. They are effective in reducing or even eliminating emissions, varnishing, sludge, smoking, pinging, water and gum buildup and engine dieseling. Engine life is increased, as are horsepower, performance and mileage, and they contain absolutely no alcohol!

For initial treatment on a gas engine: add 2 oz. of **SlickOz Gas Treatment** for each 20 gallons of fuel in the tank. **Add prior to fill-up.** Each filling thereafter, estimate the amount of fuel to be added and add the appropriate amount of **SlickOz Gas Treatment**.

For initial treatment on a diesel engine: add 1 oz. of **SlickOz Diesel Treatment** for each 16 gallons of fuel in the tank. **Add prior to fill-up.** For all additional fillings, estimate the amount of fuel to be added and add the correct amount of **SlickOz Diesel Treatment**. For summer treatment – 1 oz. treats 16 gallons. For winter treatment – triple the dosage (1 oz. treats 4 gallons of fuel). **A double dose is recommended for the first treatment.** If excessive carbon buildup continues, double the treatment for 2 months.

SlickOz Gas and **SlickOz Diesel Treatments** are available in quart sizes only. 30% commission paid in Buyer's Club.

SlickOz Bendable Swivel Spout

Features & Benefits:

- Pour fluids exactly where you need them.
- Spout swivels in a full circle (360°).
- Dispense contents into difficult-to-reach areas.
- Threads conveniently onto most quart bottles (28mm).
- Accordion-like pleats.
- Crack-resistant bellows.
- The spout will also fit all the name brand OIL and ATF bottles that have 28mm caps.

Essential Oils

Our Grade “A” **Essential Oils** are a great part of alternative healing. Able to penetrate the olfactory senses and permeate the skin to promote vitality and wellbeing, they are “[best] diluted for safe application by the percentage method, between 1% and 5%. In other words, fifteen drops of essential oil in 30ml (one ounce) of carrier oil produces a 2.5% blend, which is suitable for face and body. Percentage can be increased to 5% if covering a smaller area (e.g., facial oil, reflex points) and decreased for a larger application (full-body massage).”* We offer you single oils as well as wonderful blends to help in the healing process. Apply these oils to reflex points on the feet; it’s a great way to begin one’s journey toward better health. Relax and enjoy!

NOTE: ALWAYS REMEMBER TO KEEP OILS OUT OF REACH OF CHILDREN, AVOID CONTACT WITH THE EYES AND NEVER TAKE INTERNALLY! ALWAYS DILUTE (*ESPECIALLY* USE GREATER DILUTIONS WITH INFANTS AND THE ELDERLY).

*From “The Aromatherapy Practitioner Reference Manual” – Sylla Sheppard-Hanger – **not yet available.**

Essential Oil Keepers (For your collection!)

Since one of the challenges of using essential oils is keeping track of them, we have added **Oil Keepers** to our product line. These handy bags are made of tough-woven polyester with heavy vinyl backing and a webbed carry strap.

The **Small Oil Keeper** has a zipper pocket inside and one outside with heavy foam partitions that pad up to 24 essential oils nicely. It measures 10”W x 6”H x 3”D. Available in black only.

The **Large Oil Keeper** has both a large pocket and a small zippered pocket outside and an inside, Velcro-closing pocket. It has the same heavy foam partitions as our smaller version and holds up to 36 essential oils. Measuring 10½”W x 7¼”H x 4”D, it is available in black.

Essential oils are not included in either bag.

Essential Oil Samplers

We offer **Essential Oil Sampler** packs for those who want to experience the different fragrances before they purchase them.

Essential Oil Sampler: #1 contains **blends** A-M

#2 contains **blends** N-Z

Essential Oil Sampler: #3 contains **single oils** A-F

#4 contains **single oils** G-O (no Jasmine or Naiouli)

#5 contains **single oils** O-Y (no Rose)

Each sample pack contains 17 oil vials, approximately 1.75ml per vial.

Essential Oil Blends

Anastasia

Ingredients: Helichrysum gymnocephalum, Birch, Clove Bud, Cypress, Peppermint, and Marjoram.

This blend was created to assist in reducing pain and stimulating the healing processes. It may help with sciatica symptoms, relieve bone pain, and promote better circulation in the body. It could also be used to relieve sports-related injuries, sprains, muscle spasms, bumps and bruises.

APPLICATION: May be applied to Vita Flex* points on the feet. Apply sparingly to the affected area; it may assist muscles, bruises, cramps, or any painful spot to heal at a faster pace.

NOTE: Do not use on open wounds. The birch will sting an open area.

*See the books section for the following title: *Your Guide to Essential Oils, Minerals, and Nutrition* by Bevonne Birch. (Vita Flex charts are found in this book.)

Baby Soft

Ingredients: Rosewood, Palmrosa, Elemi, Ylang Ylang Extra, Geranium, Patchouli, and Rose. Blended with Fractionated Coconut Oil.

This could be a wonderful blend for expectant mothers, fathers and newborns. It is great as a baby oil to help avoid the harmful effects of commercial oils (i.e., rashes, burning skin, etc.). Please remember to ***dilute heavily*** before using – i.e., one drop of baby oil per ten drops of a carrier oil. This has been used with phenomenal results for diaper rash as well as teenage skin problems. Men can use it for chapped skin from razor burn or as an aftershave. It is comforting, soothing and relaxing, and may help alleviate stress during pregnancy and be of added benefit during the initial birthing process. It may enhance youthful-looking skin, assist in elasticity and aid in preventing stretch marks during pregnancy. The combination of oils in this particular blend also may be of benefit for skin regeneration and to retard and prevent wrinkles.

APPLICATION: Can be applied to inner ankles, across lower back and abdomen during pregnancy. By massaging the perineum daily approximately two weeks prior to delivery, this oil may aid in preventing an episiotomy during childbirth (prepares the body to stretch). This is wonderful diluted with carrier/massage oil for full body massages. It can be worn as a perfume or cologne by applying to face or neck areas or adding to the bathwater. When using as baby oil, add 3-5 drops to ¼ oz. massage oil. For problem teenage skin, add 10 drops to a 4 oz. spray bottle of distilled water (shake before using), and spritz face or problem areas several times daily. May work well when sprayed on sunburns.

Bear with Me

Ingredients: Vetiver, Clary Sage, Sandalwood, Linden Blossom absolute, Bergamot, Petitgrain, Cinnamon Bark, Neroli, Lemon and Orange. Blended with Jojoba Oil.

This synergistic blend may alleviate the pains associated with PMS and menstrual cramping. It could also help with depression.

APPLICATION: Massage across the lower back, abdomen and on the inside and outside of the ankles. Could also be worn as a perfume and applied to the ears for emotional support.

NOTE: Contains photosensitive oils; stay out of direct sunlight while wearing this blend.

Circle of Life

Ingredients: Cypress, Marjoram, Hyssop, Eucalyptus citriodora, Ylang Ylang Extra, Helichrysum italicum, Ginger Root and Petitgrain. Blended with Fractionated Coconut Oil.

Formulated from a variety of oils that assist in strengthening and improving cardiovascular

function and balancing the blood and lymphatic systems, this oil also may assist in lowering blood pressure, reducing stress and alleviating hemorrhoids.

APPLICATION: Massage chest area, over the heart, on the left hand (area below the ring finger), spine from C4 to T5 (see spinal chart in the Vita Flex* section), Vita Flex point on the left arm just above the elbow, and toes. Dilute with carrier oil for a full body massage.

*See the books section for the following title: *Your Guide to Essential Oils, Minerals, and Nutrition* by Bevonne Birch. (Vita Flex charts are found in this book.)

Citrivescents

Ingredients: Orange, Grapefruit, Lemon and Lime.

This is an excellent combination used to enhance one's sense of wellbeing. It could be a great antiseptic for killing airborne bacteria, and may assist in relaxing, calming and alleviating insomnia. A fragrance all will enjoy; children especially seem to like it.

APPLICATION: Apply to ears, heart and wrists. Wear as a perfume or cologne, dilute with carrier oil for full body massage, or use in bathwater: just add 6 drops to bath, relax and enjoy.

CAUTION: Citrus oils can be irritating to the skin. Always dilute with carrier oil before using.

Clove & Lime

Ingredients: Clove Buds and distilled Lime.

This simple oil may be useful in easing headache pain, and keeping one alert and awake.

APPLICATION: What a great scent! Dilute with carrier oil and apply to forehead, temples, back of neck and under the nose.

NOTE: This oil needs to be diluted.

Discover Your Magnificence

Ingredients: Black Pepper, Bergamot, Holy Basil, Lemon, Orange, Lavender, Rose Otto, Roman Chamomile, Frankincense, German Chamomile and Ylang Ylang Extra. Blended with Jojoba Oil.

This formula includes oils that have been combined to inspire one to follow one's authentic path. It also may relieve negative thoughts and enhance inner awareness/spiritual awareness during meditation. Could help maintain focus and create a space for prayer.

APPLICATION: Apply to temples, across forehead, on crown, shoulders and back of neck. Diffuse or wear as a perfume or cologne.

NOTE: Contains photosensitive oils; stay out of direct sunlight while wearing this blend.

Dreamtime

Ingredients: Sandalwood, Patchouli, Jasmine grandiflorum, Ginger, and Petitgrain citronnier. Blended with Jojoba Oil.

This particular blend may assist in accessing ancestral ties through our dreams. It also may assist in processing pain during one's sleeping hours.

Enlightenment

Ingredients: Lavender, Geranium Bourbon, Sandalwood, Blue Tansy, Ylang Ylang Extra, Elemi, German Chamomile and Cypress. Blended with Jojoba Oil.

Formulated with the objective of enhancing the release of memory trauma from the cells of the liver (which stores anger and hate emotions) and from the trauma center in the brain, the frequency of this blend aids in letting go of negative emotions and frustrations so one can progress in a more effective, efficient way.

APPLICATION: Apply over the liver area as a compress, or put on the ears. Can be worn as a perfume or cologne. Place a drop or two on the palms of your hands and cover your nose and inhale.

Envision

Ingredients: Orange, Rose Geranium, Sage and Spruce.

This blend may inspire the imagination and assist in the awareness of all that is going on around us. Healing occurs in the presence of awareness.

First Aid[◊]

Ingredients: Rosemary, Tea Tree, Clove Buds and Helichrysum italicum.

This blend was created to assist with cuts, bruises, scrapes and insect bites. It aids in tissue regeneration and could possibly help with burns, rashes, earaches, sore gums, cold sores, canker sores and candida. It may fight infection and kill anaerobic bacteria. It has been used to help animals with deep flesh wounds.

APPLICATION: Apply topically on cuts, scrapes, burns, rashes or any infection. It can be effective for an earache by putting one drop of oil on a cotton swab and placing it in the ear.

◊ See “*Purify*”, also.

Focus

Ingredients: Rosemary, Peppermint, Holy Basil, Basil and Cardamom.

This blend provides an aroma that is clarifying and energizing, enhancing alertness, sharpening the mind and mental processes, and dispelling confusion. Dr. Dembar, of the University of Cincinnati, discovered in his research that inhaling peppermint oil increases the mental accuracy of the students tested by 28%. Since this formula has been known to assist with the recall of information, one may want to wear this formulation while studying or being tested. It could also boost low energy levels and keep one from going into shock.

APPLICATION: Massage across brow, on the back of the neck, on the temples and wrists. Add to bath water or wear as a perfume or cologne.

Fulfillment

Ingredients: Lemon, Orange, Geranium Bourbon type, Bergamot, Mandarin, Ylang Ylang Extra, and Rose Otto. Blended with Fractionated Coconut Oil.

When this blend is inhaled, it brings back memories of being loved and held, and sharing in loving feelings and moments. It opens those passages in our lives where perhaps we have shut down any access to love, receiving love or self-love. When there is grief, the adenoids and the adrenals shut down; this blend aids in opening those areas back up. It also has been used to assist those in overcoming grief, forgiving others, and letting go of negative experiences.

APPLICATION: Rub over the heart, ears, neck, thymus, temples, across the brow, wrists, or use as a perfume or aftershave. Add to your bathwater or use as a compress. This is wonderful diluted in carrier oil for a full body massage.

NOTE: Contains photosensitive oils; stay out of direct sunlight while wearing this blend.

Fullness of Life

Ingredients: Eucalyptus globulus, Eucalyptus citriodora, Myrtle, Eucalyptus radiata, Peppermint, Spruce, Ravensara, Pine and Marjoram.

This blend was formulated to assist the respiratory system. It should help those with colds, bronchitis, congestion, flu, cold sores, pneumonia, sore throat and mucous.

APPLICATION: Apply to Vita Flex* points of the body. Apply topically to chest and throat and put a bit on your pillow at night. If used as part of a warm compress is of equal benefit.

CAUTION: Some asthmatics may react adversely to the *Eucalyptus globulus* in this blend.

*See the books section for the following titles: *Your Guide to Essential Oils, Minerals, and Nutrition* by Bevonne Birch. (Vita Flex charts are found in this book.)

Heart's Desire

Ingredients: *Myrrh, Spruce, Juniper Berry, Ylang Ylang Extra, Roman Chamomile, and Melissa. Blended with Jojoba Oil.*

This synergy may assist in supporting the body mentally to give us assurance and achievement, and reconnect us with a feeling of strength and grounding, removing blocks and instilling a positive outlook. This blend has been known to relieve feelings of being 'down and discouraged' and bring hope to those who feel lost. Hope was the only good thing that came out of Pandora's box.

APPLICATION: Apply on ears, over the heart, temples, solar plexus, across back of neck, on wrists or any place on the body. Wear on ears and wrists to combat suicidal thoughts. Wear as a perfume or cologne and diffuse.

Mountain Retreat

Ingredients: *Spruce, Fir, Pine, Cedarwood, Ylang Ylang Extra, and Frankincense.*

This popular blend creates a feeling of being in the mountains. It assists one in finding security and sacredness within oneself. The three conifer oils have been traditionally used by the North American Indians (symbolically) to represent the umbrella they create in protecting the earth and bringing energy from the universe.

APPLICATION: Apply to the solar plexus, brain stem, crown of the head, back of neck, behind the ears, thymus, and wrists. Diffuse or wear as a perfume or cologne.

Native Spirit

Ingredients: *Hyssop, Lavender, Lemon, Orange, Geranium, Rosewood, Sandalwood, Myrrh, Sage, Spruce, Frankincense, Rose, German Chamomile, Ylang Ylang Extra, Neroli and Angelica Root. Blended with Jojoba Oil.*

We need to be in harmony with ourselves, our creator and the world around us before we may truly feel our negative emotions and overcome them. When we experience harmony in our lives, many other things come into balance. This blend of oils promotes emotional healing by bringing harmonic balance to the energy centers of the body, allowing energy to flow more efficiently throughout the body. It aids in reducing stress and generates a feeling of wellbeing, relaxation and peace as it clears the passages to the energy centers of the body.

APPLICATION: Apply the oil to each of the energy centers, over the heart and over areas of poor circulation. You may want to start with the feet and go up through the energy centers and over the crown. Can be worn as a cologne or perfume.

NOTE: If there is an allergy or irritation to the smell of any oil, try using this blend on the base of the throat and massaging clockwise for about 20 seconds.

On Bended Knee

Ingredients: *Rosewood, Grapefruit, Holy Basil, Frankincense, Bay Leaf, Indian Peppermint, Galbanum, Jasmine grandiflorum absolute, Rose, Hyssop, Roman Chamomile and Pink Lotus absolute. Blended with Jojoba Oil.*

This blend may assist in creating a feeling of humility and an ability to overcome the fear that sometimes stops us from following our authentic path. It could help us in finding a special place where our own healing can begin.

APPLICATION: Rub over the heart, on the neck and temples; use for full body massage. This is a beautiful blend to diffuse.

Passion

Ingredients: Tangerine, Bergamot, Jasmine grandiflorum absolute, Geranium Bourbon type, Citronella, Helichrysum italicum, Vetiver, Frankincense and Holy Basil. Blended with Jojoba Oil.

This blend has a wonderfully beautiful fragrance that is extremely uplifting, refreshing and arousing. Could also be beneficial for skin problems.

APPLICATION: Apply on location. Use for massage, as a perfume behind the ears, on wrists, etc. Diffuse for a romantic fragrance.

Prosperity

Ingredients: Orange, Spruce, Patchouli, Clove, Myrrh, Cinnamon Bark, Lemon and Cypress.

This exciting formula may assist in enhancing magnetic energy and create the law of attraction through the magnetic field around us, enhancing our thoughts through electrical stimulation of the somatides and cells and putting out a frequency charge of abundance. It may attract abundance to you in the areas you feel you need it most. This particular blend also contains tremendous anti-viral and anti-fungal oils, which may make it a very powerful support to the natural defense system of the body.

APPLICATION: Wear on wrists, behind ears, on the neck and feet. Wear as a perfume or cologne. Put it on your checkbook or in your purse. To create more business, you may want to add ¼ oz. of this blend to five gallons of paint before painting your workspace.

NOTE: Always blend with carrier oil.

Purify[◇]

Ingredients: Lemongrass, Rosemary, Tea Tree, Lavendar stoechas, Myrtle, and Citronella.

This was formulated to assist in killing bacteria, molds, fungi and their accompanying odors. It may also kill anaerobic bacteria, purify and cleanse the air, neutralize mildew, cigarette smoke, and other noxious odors, repel insects and mice. Could be beneficial in neutralizing poison from stings from bees, hornets, and wasps and the poison from spider bites. May also be good in first aid for treating wounds and cuts.

APPLICATION: May be applied to Vita Flex* points of the body, ears and temples. Applied topically, it may assist in cleansing and fighting infections.

*See the books section for the following titles: *Your Guide to Essential Oils, Minerals, and Nutrition* by Bevonne Birch. (Vita Flex charts are found in this book.)

◇ See "*First Aid*", also.

Romance

Ingredients: Pressed Lime, Bergamot, Cedarwood, Patchouli, and Jasmine grandiflorum absolute. Blended with Fractionated Coconut Oil.

This special blend was formulated to enhance romantic settings, kill airborne bacteria and much more. Read* about each individual oil to find out more.

APPLICATION: Diffuse or wear as a perfume or cologne.

NOTE: Contains photosensitive oils; stay out of direct sunlight while wearing this blend.

*See the books section for the following title: *Your Guide to Essential Oils, Minerals, and Nutrition* by Bevonne Birch.

Romance in Bloom

Ingredients: Jasmine, Rose, Ylang Ylang, Sandalwood, Neroli, Rosewood, Black Pepper. Blended with Jojoba, Evening Primrose and Calendula.

A romantic blend created to bring to mind thoughts of passion, long summer nights and love. A stimulating fragrance.

APPLICATION: Use for massage, as a perfume behind the ears and on wrists. Diffuse.

Season's Greetings

Ingredients: Orange, Spruce, Frankincense, Myrrh, Pine, Peppermint, Fir and Cinnamon Bark.

Formulated to create a feeling or memory of Christmas and the desire to recapture the joyful moments it can bring, the cinnamon in this blend may protect against airborne viruses and bacteria. Also may be used as an air purifier and fragrance for the home.

APPLICATION: Wear as a perfume, cologne or on wrists and feet. Put it on pinecones, cedar chips and logs to burn in the fireplace. This is excellent in potpourri all year round. Add 30 drops to 8 oz. of plain bath gel for a wonderful treat. Leaves the skin feeling clean and refreshed.

DIFFUSE: May create a feeling and memory of the holiday season.

Serenity

Ingredients: Orange, Tangerine, Patchouli, Lime, Ylang Ylang Extra, Lavender, Blue Tansy, German Chamomile and Citronella.

This blend was formulated to assist in reducing depression, anxiety, stress, and tension. It could possibly assist hyperactive children in creating serenity in their lives and has been found to be beneficial with children who experience nightmares.

APPLICATION: Apply under the nose and on the back of the neck. Add to bathwater or dilute with massage oil to rub over the back. Can be applied to the navel or back of neck for insomnia or worn as a cologne or perfume.

Skincare

Ingredients: Lavender, Frankincense, Carrot Seed, Neroli, Roman Chamomile, and Rose.

A blend of oils designed for perfection in skincare, this synergy contains oils perfect for use with our carrier oils.

APPLICATION: Use as a 1%-2.5% blend for massage over areas of concern.

Spice Traders[◇]

Ingredients: Clove Bud, Cinnamon Bark, Lemon, Eucalyptus radiata, Thyme, Orange, Oregano, Nutmeg, Rosemary, Mandarin, Ginger Root and Citronella.

The oils in this blend may assist in protecting from flu, candida, colds, etc. It may also assist with sinusitis, bronchitis, pneumonia, coughs, strep/sore throat, gum disease, teething, cold sores, canker sores, cuts, infections, slivers and splinters (pulls them to the surface). It is considered anti-plague because the spice merchants in England used it to protect themselves from the plague when looting the bodies of the dead and dying.

APPLICATION: Apply to throat, around ears, stomach and belly. **Dilute** one drop of this blend with 5-15 drops of massage oil and massage the thymus and under the arms to strengthen the body's natural defense system. It has been found effective when massaged on the feet twice daily.

NOTE: This is a HOT blend. Use with caution and ALWAYS dilute.

[◇] See "T-Power" and "First Aid" blends, also.

Sport Pro[◇]

Ingredients: Birch, Peppermint, Nutmeg, Clove, Pennyroyal, Black Pepper, Oregano, Thyme and Marjoram.

The oils in this blend were selected specifically for their ability to relax, calm and relieve the tension of spastic muscles resulting from fatigue and stress. Also may assist in the repair of damaged muscles, etc., due to sports injuries.

APPLICATION: May be rubbed over all stressed muscles. Dilute with massage oil for a full body massage. Rubbing this blend on the back of the neck may relieve headaches due to stress. This is an excellent blend to put in your bathwater.

◇ See “*Anastasia*”, also.

T-Power[◇]

Ingredients: Frankincense, Juniper Berry, Nutmeg, Holy Basil, Ravensara, Rosemary, Oregano, Ginger, Blue Tansy, Cumin, Clove Buds and Hyssop. Blended with Fractionated Coconut Oil

This blend may prove to be a powerful building, strengthening, and protective support for the body in that it may enhance the body’s own natural defenses. May be useful in protecting the home environment from disease.

APPLICATION: Apply 2-3 drops on the thymus and massage in a clockwise motion. Stimulate the thymus by gently tapping it. Apply to the jugular veins in the neck. Dilute it and use along the spinal column. Could possibly assist with fever, viruses or immune enhancement. Putting 2 drops on your feet each morning may provide protection from chemicals in the environment.

◇ See “*Spice Traders*”, also.

Tummy Rub

Ingredients: Peppermint, Juniper, Anise, Fennel, Ginger Root and Tarragon. Blended with Fractionated Coconut Oil.

The oils in this synergy may be beneficial in digesting toxic materials and in alleviating indigestion, stomach cramps, upset stomach, belching, bloating and heartburn. Applied behind the ears, it may alleviate morning sickness. These particular oils have been found to rid animals of parasites by applying them to their feet. Could also aid in cleansing parasites from the system when used in a full body massage with carrier oil or as a compress across the stomach. For motion sickness, it may be inhaled and/or applied over the stomach.

APPLICATION: Apply to Vita Flex* points on the feet and ankles. Massage over the stomach area and apply in a compress. Apply to the “wishbone” - may prevent or lessen gagging.

*See the books section for the following title: *Your Guide to Essential Oils, Minerals, and Nutrition* by Bevonne Birch. (Vita Flex charts are found in this book.)

Utopia

Ingredients: Valerian Root, Sandalwood, Spruce, Frankincense, Lavender, Helichrysum italicum, Geranium, Petitgrain, and Rose. Blended with Jojoba.

For those dealing with trauma or for days when you’re pushed over the edge, dilute with carrier oil and apply under the nose and on wrists; this synergy may help ‘bring you back together.’

Valerie

Ingredients: Rosewood, Spruce, Frankincense and Blue Tansy. Blended with Fractionated Coconut Oil.

Found to be beneficial in aligning the physical structure of the body, this blend could alleviate and repair pain and injury to the spinal column. It also helps to overcome fear and opposition,

assists in building courage, confidence, and self-esteem and brings a feeling of calmness, peace and relaxation. Aids in balancing the electrical energies within the body.

APPLICATION: Massage along the spine. Apply this formula on the throat energy center, wrists, and solar plexus, from neck to thymus. When you feel as if your brain has been fried, balance left and right brain by putting a drop of this blend on the left fingers and rubbing on right temple or a drop on right fingers and applying to left temple. Can be worn as a cologne or perfume.

Vitality

Ingredients: Spearmint, Myrtle, Sage, Nutmeg, Geranium, Myrrh and German Chamomile. Blended with Fractionated Coconut Oil.

This may assist in supporting and improving one's own vitality. It could support the pineal and pituitary glands, the parathyroid, thymus and adrenal glands. It may alleviate hot flashes and stimulate weight loss by improving metabolic function.

APPLICATION: Put on the thyroid, kidneys, liver (right front), pancreas (left front) and glands.

Wisdom of the Ancients

Ingredients: Sandalwood and Cardamom. Blended with Jojoba Oil.

This blend may increase the benefits of meditation and assist in creating a zest for life.

APPLICATION: Diffuse or wear as perfume (back of neck, forehead, temples, and thymus).

Zanzibar

Ingredients: Sandalwood, Lemon, and Vanilla. Blended with Jojoba.

A fresh, lemony-vanilla scent – intoxicatingly delicious! This one is great for use in spas, regular baths or as a personal scent.

Essential Oil Singles

Each single essential oil has its own specific use and function within the body and the healing processes. **ALL BOTTLES ARE 15ML UNLESS OTHERWISE NOTED.**

Angelica Root (India): Angelica archangelica

This herb has been praised for its virtues since antiquity. It may strengthen the heart and stimulate the circulation and immune system in general. It has been used for centuries in Europe for bronchial ailments, colds, coughs, indigestion, gas and to stimulate the appetite and digestion. As a urinary antiseptic it may assist cystitis; it may improve dull and congested skin, psoriasis, anemia, fatigue, migraine, nervous tension and stress-related disorders. May be antispasmodic, diuretic, expectorant, nerve tonic and may have bactericidal and fungicidal properties. It has been used to bring the memory back to the point of origin before trauma or anger was experienced, helping to release/let go of negative feelings.

Anise: Pimpinella anisum

Has been widely used as a domestic spice. May assist in colic, indigestion, cramps, flatulence, vomiting, diarrhea, bile secretion, muscle aches, spasms, rheumatism, pulmonary congestion, bronchitis, asthma, colds, flu, cardio vascular, frigidity, impotence. It has estrogen-like properties and may induce menstruation, ease painful periods, pre- and menopause problems, aid delivery and stimulate milk flow. Avoid in pregnancy.

Artemesia (India): Artemesia annua

Has been used in China as anti-malarial. May assist in respiratory congestion and infection, wounds, intestinal parasites, and has been used as a stimulant. Has been used as a womb tonic and performs a hormone-like function in males. Although there has been no formal testing on this oil, it is claimed to have anti-cancer properties.

Basil (India): Ocimum basilicum

May assist when used for intestinal problems, repairing connective tissue, asthma, emphysema, bronchitis, chronic nasal catarrh, whooping cough, sinusitis, poor memory, mental fatigue, lack of concentration, insect and snake bites, insect repellent, wasp stings, gout, muscular aches and pains, rheumatism, constipation, fainting, earache, gas, dyspepsia, nausea, cramps, scanty periods, colds, fever, flu, loss of smell, prostate problems, infectious disease, anxiety, depression, migraine, nervous tension, adding luster to dull hair, and promoting milk flow in nursing mothers. May be antiseptic, anti-infectious, anti-spasmodic, and a restorative (stimulant for nerves, adrenal cortex). Aromatic influences: May be an excellent aromatic nerve tonic. May clear the head, relieve intellectual fatigue and give the mind strength and clarity.

Basil, Holy (India): Ocimum sanctum

A tea prepared with the leaves of the Holy Basil plant is commonly used for coughs, colds, mild indigestion, diminished appetite and malaise. This essential oil has been used in ear infections and may be anti-fungal and anti-bacterial. It has been used for ringworm, malaria and dysentery, and has been found to reduce stress, modulate immunological functions (including allergies and asthma), and retard the development of ulcers in experimental animals. It also has anti-allergic properties and in recent studies has been effective for diabetes. Holy Basil has been used in catarrh and bronchitis, in gastric disorders in children and some hepatic conditions, for fevers, dropsy and anasarca, hemiplegia, vomiting, constipation, cholera, post natal complaints, and hemorrhagic septicemia. It is capable of rejuvenating the system quickly and is a deodorant, stimulant, anti-inflammatory, cardiogenic, blood purifier, useful in skin diseases, and an antipyretic (particularly in *malarial* fevers). Effective when externally applied on chronic non-healing ulcers, inflammations and skin disorders. Useful for nausea, abdominal pain, worms, allergic rhinitis, and all types of respiratory disorders. It acts as a powerful mosquito repellent.

Bay Leaf (Laurel leaf): Laurus nobilis

May be beneficial for dyspepsia, flatulence, loss of appetite, viral infections and flu. The properties are digestive, stomachic, antiseptic, diuretic, and fungicidal. The leaves of the *Laurus nobilis* tree were used by the ancient Greeks and Romans to crown their victors. It is relatively non-toxic and non-irritant; *Laurus nobilis* may cause dermatitis in some individuals. Moderate use is recommended. Should not be used during pregnancy.

Bergamot (FCF- Italy) & (Ivory Coast):

Citrus aurantium var bergamia

May be beneficial for acne, boils, cold sores and other herpes-type infections, alleviating the pain of shingles and chickenpox, for insect bites and as a repellent, for oily complexion, psoriasis (may be excellent), scabies, spots, varicose ulcers, clearing excess mucus, halitosis, oral infections, tonsillitis, gas, loss of appetite, cystitis, leucorrhea, thrush, colds, fever, flu, as an

antiseptic, for infectious diseases, anxiety, depression, stress, vaginal candida; may aid in calming anger, self-confidence, childhood diseases, immune-deficiency, has a refreshing and uplifting quality. Also may assist in healing and reopening the heart center for joy, and giving out help to others. Aromatic influence: may stabilize a person in a shaky emotional state. During times of sadness or grieving, it may help to heal emotional wounds and inspire or restore loving feelings. Diffused, it may lend support in breaking smoking habit.

NOTE: Contains photosensitive oils; stay out of direct sunlight while wearing this blend!

Birch Bark, Sweet (USA): Betula lenta

This oil is often thought of as Wintergreen due to its smell. May assist when used for muscle and joint discomfort, accumulation of toxins, arthritis, cellulitis, obesity, edema, poor circulation, rheumatism, tendonitis, cramps, hypertension, anti-inflammatory, dull or congested skin, eczema, hair care, dermatitis, psoriasis, gout, ulcers, broken or bruised bones, and is high in cortisone-like functions.

NOTE: Avoid prolonged exposure to this oil due to toxic buildup in the liver.

Bitter Orange (Paraguay): Citrus aurantium

Like neroli, bitter orange may be soothing to the nervous system and will benefit stress and anxiety related problems when used in massage or in bathing. It is useful in skin care for the treatment of oily and lacklustre complexions- It is astringent, anti-inflammatory and bactericidal. Bitter orange oil, used in massage, will have a carminative effect on the digestive system and can also help to stimulate the digestion, encourage peristalsis and ease constipation. It is also useful in the treatment of water retention and has a generally detoxifying effect. In steam inhalation or in vaporizers, bitter orange oil has a relaxing effect while at the same time encouraging a more optimistic and cheerful outlook.

NOTE: Phototoxic

Blue Tansy, Wild (Morocco): Tanacetum Anuum

May assist with bruises, asthma, sprains, hypertension, fever, intestinal worms, nervous tension, stress, neuritis, dyspepsia, cramps, varicosities, rheumatism, sciatica, arthritis, itching, irritation, emphysema, colds, and muscular rheumatism. May assist in stimulating thymus and inducing menstruation. Appears to be antihistamine-like, anti-inflammatory, antispasmodic, nervine, tonic, and anthelmintic.

NOTE: Avoid during pregnancy, with babies and children.

Cajeput (Indonesia): Melaleuca cajuputi

Held in high regard in the Middle East, it is used for colds, headaches, throat infections, toothache, sore and aching muscles, fever (cholera), rheumatism and various skin problems. It is used for chronic laryngitis and bronchitis, cystitis, rheumatism, to expel roundworms, insect bites, oily skin, spots, arthritis, asthma, catarrh, coughs, sinusitis, flu and viral infections. Dilute.

Cardamom (Guatemala): Elettaria cardamomum

This oil has been used in traditional Chinese and Indian medicine for over 3,000 years, especially for pulmonary disease, fever, digestive and urinary complaints. Hippocrates recommended it for sciatica, coughs, abdominal pains, spasms, nervous disorders, urine retention, and also for bites

of venomous creatures. May be useful for anorexia, colic, cramps, dyspepsia, and flatulence, gripping pains, halitosis, heartburn, vomiting, mental fatigue and nervous strain.

Carrot Seed (India): Daucus carota

A highly nutritious plant containing substantial amounts of Vitamins A, C, B1 and B2, the roots have a strong tonic action on the liver and gall bladder, and are good for the treatment of jaundice and other complaints. The seeds are used for retention of urine, colic, kidney and digestive disorders, and to promote menstruation. May assist in dermatitis, eczema, psoriasis, rashes, revitalizing and toning mature complexions, wrinkles, accumulation of toxins, arthritis, gout, edema, rheumatism, anemia, anorexia, colic, indigestion, liver congestion, amenorrhea, dysmenorrhea, and glandular problems.

NOTE: Avoid during pregnancy or while attempting to become pregnant.

Cedar Leaf: thuja

This oil is very soothing to poison ivy/oak rash (infusion cleans oils from the skin); masks human odor to animals. Astringent, acne, oily, greasy skin, cold sores, corns, psoriasis, alopecia. May be useful for viral warts, advanced polyps, papillomas; coughs, bronchitis; sore muscles, joint pain; fever; impotency tonic, induces menstruation; aids with neuralgia, nervous sedative, mental stimulant (ancient ritual incense), aids conscious thought.

NOTE: Avoid during pregnancy.

Cedarwood, Atlas: Cedrus atlantica

May be good for controlling odors, antiseptic, calming, diuretic, urinary tract infections (particularly cystitis and urethritis), hair loss, anger, nervous tension, cellulite, tuberculosis, bronchitis, acne, dandruff, catarrh, dermatitis, psoriasis, fungal infections, greasy skin, arthritis, rheumatism, congestion, coughs, sinusitis, poisoning, stress-related conditions, meditation, and clearing mental cobwebs. May assist in adding balance and control in our lives. May stimulate lymph circulation, regulate the nervous system, stimulate immune system, and aid with atherosclerosis. Aromatic influence: spirituality and self-control.

Celery Seed: Apium graveolens

May assist in decreasing puffiness, redness, water-logged skin, skin stains, spots, bronchitis, congestion, arthritis, gout pain, rheumatism, hemorrhoids, swollen glands, indigestion, liver congestion, bad breath, cystitis, gout, milk flow, menstruation, neuralgia, sciatica, and nervous disorders. May dissolve accumulated uric acid in joints, decrease toxin accumulation, aid lymphatic drainage, lower blood pressure, balance glandular problems, aid in renal detoxification, increase urine flow, minimize sexual problems, sedative and tonic to Central Nervous System for restful sleep. Avoid during pregnancy.

Chamomile, German (India): Matricaria recutita

May be beneficial for acne, allergies, boils, burns, cuts, chilblains, dermatitis, earache, eczema, hair care, inflammations, insect bites, rashes, sensitive skin, teething pain, toothache, wounds, arthritis, inflamed joints, muscular pain, neuralgia, rheumatism, sprains, dyspepsia, colic, indigestion, nausea, dysmenorrhea, menopausal problems, hypermenorrhea, headaches, insomnia, nervous tension, migraine and stress related complaints.

Chamomile, Roman (England): Chamaemelum nobile

May be used for burns, cuts, hair care, inflammation, insomnia, earaches, bruises, colic, gout, gas, heartburn, sprains, tendons and joints, menopausal and menstrual problems, migraine headaches, stress, teething pains, toothaches, diarrhea, acne, boils, dermatitis, eczema, rashes, sensitive skin, sunburn, neutralize allergies. Applied over the throat it may help a person express their true feelings. Aromatic influence: may have the ability to relieve stress, tension, promote peace, dispel anger, stabilize the emotions and assist in releasing emotions linked to the past.

Cinnamon Bark (Madagascar): Cinnamomum verum

May be good for the circulation, lowering glucose, strengthening the heart, endocrine, and nervous systems. May be good as immuno-stimulant, anti-infectious, anti-bacterial, anti-fungal, typhoid, tropical infection, vaginitis, anti-viral, anti-parasite, general sexual stimulant, flu, rheumatism, warts, coughs, colds, a general all-around maintenance oil. A powerful purifier, it enhances the action and activity of other oils. It has been found that viruses, bacteria, and fungus cannot live in this oil. Aromatic influences: may promote physical energy, psychic awareness, and increase one's prosperity.

NOTE: HOT OIL. Best diluted with carrier oil because the high phenol properties of the oil make it feel warm or burn the skin. Diffuse with caution. Best diffused in oil.

Citronella (India): Cymbopogon winterianus

This oil has been used for its medicinal value in many cultures for fever, intestinal parasites, digestive and menstrual problems, as a stimulant and an insect repellent. May be beneficial for excessive perspiration, oily skin, colds, flu, minor infections, fatigue, headaches and migraines, and neuralgia.

Cistus/Rockrose: Cistus ladaniferus

High in phenols, which support and strengthen the auto-immune and immune systems. May assist with urinary infections, ulcers, insomnia, nervousness, grounding and may act as a diuretic.

Clary Sage (Bulgaria): Salvia sclarea

May be beneficial in regulating cells, hormonal imbalance, menopause problems, PMS, menstrual cramps (minimizes the pain), itching and irritation of herpes and candida outbreaks, infections, exhaustion, nerves, mental strain, hostility, strengthening the immune system, sore throat, bronchitis, cholesterol, debility, genitals, hemorrhoids, frigidity, childbirth (may get contractions going), last stages of labor (may intensify contractions), seborrhea, hair loss, scalp massage, acne (may be extremely good for skin), blood pressure, antispasmodic (may soothe asthma attacks), sedative, claustrophobia, hyperactivity, nightmares. In mid-life crisis it may exert a balancing influence. Use in times of personal challenges or change, especially external stress and pressure. Aromatic influence: calming, may enhance the dream state and bring about a feeling of euphoria.

Clove Bud (Madagascar): Eugenia caryophyllata

This may assist the respiratory system, toothache pain, infectious diseases, formerly used against the plague, memory deficiency, impotence, infected wounds, anti-inflammatory, anti-viral, anti-bacterial, anti-fungal, anti-tumoral, anti-parasitic, athlete's foot, bruises, burns, cuts, insect repellent (mosquito), arthritis, rheumatism, sprains, asthma, bronchitis, colic, nausea, colds, flu,

flatulence, cancer, Hodgkins disease, dental infections, virus of the nerves (MS), cystitis, diarrhea, amoebic dysentery, viral hepatitis, bacterial colitis, cholera, sinusitis, tuberculosis, hypertension, thyroid dysfunction and fatigue, analgesic, antiseptic. Aromatic influences: may give a sense of healing, improved memory, protection, and courage.

Cumin, Black (Turkey): Cuminum cyminum

May assist asthma, bronchial spasm, spasmodic coughs, muscle pain, osteoarthritis, rheumatism, accumulation of fluid or toxins, poor circulation, lymphatic congestion, mumps, glandular swelling, colic, dyspepsia, flatulence, aerophagy, colitis, indigestion, spasm, constipation, frigidity, impotence, debility, migraine, nervous exhaustion, tiredness, insomnia, lethargy. May be useful in hepatitis, hypothyroidism, testicular inflammation, normalizing menstrual cycle. It is still largely used in traditional Ayurvedic medicine, principally as a general stimulant but especially for digestive complaints such as colic, sluggish digestion and dyspepsia.

NOTE: Avoid in pregnancy.

Cypress (Spain): Cupressus sempervirens

May assist in giving energy, improving circulation throughout the lungs, strengthening blood capillary walls, cellulitis, varicose veins, water retention (may decrease any excessive flow of fluids whether a runny nose, diarrhea, excessive menstrual flow or perspiration), may stop cuts and wounds from bleeding, tighten tissue, cramps, spasms, colds, insomnia, rheumatism, arthritis, menopausal problems, lymphatic decongestant, astringent, prostate decongestant, anti-mucus, whooping cough, pancreas insufficiency, pleurisy, pulmonary tuberculosis, pyorrhea, deodorant and deodorizer, asthma, bronchitis, nervous tension, hemorrhoids, stress, general healing, comfort and strength in times of death or divorce, uplifting, fortifying. May assist with transition or changing course in life. Aromatic influences: may strengthen, ease the feeling of loss, create a feeling of security and grounding, heal emotions.

Dill (France): Anethum graveolens

May lower glucose levels by normalizing insulin levels and supporting pancreatic function, bronchial catarrh, liver deficiencies, colic, indigestion, and promote milk flow in nursing mothers.

Elemi (Phillipines): Canarium luzonicum

Traditionally, the gum was used by the Egyptians for the embalming process. It now is used for aged skin, infected cuts and wounds, inflammation, rejuvenation, wrinkles, bronchitis, catarrhal conditions, coughs, nervous exhaustion and stress. It is closely related to the trees yielding myrrh and frankincense.

NOTE: Avoid in pregnancy, with babies and children.

Eucalyptus (China): Eucalyptus globulus

May be good as an energy builder and may be excellent when dealing with any virus of the respiratory and urinary systems, coughs, allergies, hay fever, malaria, may stimulate the regeneration of lung tissue. May loosen and expel mucus and reduce inflammation. Anti-viral, anti-bacterial, anti-infectious, anti-fungal (including fungal infection of the nails). May improve immunity, pulmonary, tuberculosis, asthma, acne, oily skin, ulcers, rheumatism, joint aches and pains, diabetes, hypoglycemia, fever, measles, migraine, sinusitis, candida, herpes, insect bites, insect repellent, lice, poor circulation, rheumatoid arthritis, sprains, shingles, chickenpox, colds,

epidemics, flu, headaches, antiseptic. May be calming during conflict or argument, physical fighting and where negative energies are felt; tiredness of mind, mental exhaustion, and sluggishness. This oil is comforting for young children. Aromatic influences: may promote health, wellbeing, purification, and healing. When diffused may inhibit spread of infection.

NOTE: Never take internally.

Eucalyptus (Australia): Eucalyptus radiata

This oil may contain properties that are anti-inflammatory, anti-infectious, anti-bacterial, antiviral, anti-catarrrhal, and expectorant. It has been known to help with inflammation of the nasal mucous membrane, flu, inflammation of the ear, sinusitis, bronchitis, hay fever, inflammation of the iris, vaginitis, endometriosis, and acne.

Eucalyptus Dives: Eucalyptus dives

Lipolytic. Useful on cuts, sores, boils, skin ulcers, acne, asthma, severe sinus infections and bronchitis, catarrh, otitis, coughs, arthritis, muscle aches and pains, rheumatism, and sprains, cold, fever, flu, infections, illness (measles), tonsillitis, urinary and kidney infections, headache, nervous exhaustion, neuralgia, sciatica.

Eucalyptus, Lemon (China): Eucalyptus Citriodora

During the last century, this lemon-scented oil was regarded as a good insect repellent, especially for cockroaches and silverfish. It may be good to use for athlete's foot and other fungal infections (candida), cuts, dandruff, herpes, scabs, sores, asthma, laryngitis, sore throat, colds, fevers and infectious skin conditions such as chickenpox. The essential oil contained in the leaves appears to have bacteriostatic activity towards *Staphylococcus aureus*.

Eucalyptus Smithii: Eucalyptus smithii

A mucolytic and anti-infectious. Triggers cough reflex. Best for children and sensitive persons and for long term use. It does not burn the eyes. Useful for cuts, sores, skin ulcers. May be helpful for asthma, bronchitis, catarrh, coughs, throat and mouth infections (apply dilution externally over area). May be best for painful joints and muscles, and may increase resistance to colds and flu. May assist with headache, nervous exhaustion, neuralgia, and sciatica. May adapt to individual biorhythm (e.g., morning energy, evening sedative).

Fennel Seed, Sweet Organic (Turkey): Foeniculum Vulgare

May support the digestive function and assist the liver in producing enzymes. May balance hormones and support the body in reducing PMS and menopausal symptoms, urinary stones, gout, cystitis, gas, vomiting, intestinal spasms, intestinal parasites, increase lactation, diabetes, emotional stress. May tone liver, kidney and spleen, restore moisture to dry and dehydrated skin. Regularly massaging this oil into the breasts may assist in keeping them firm and attractive. May restore muscle tone. Anti-inflammatory, anti-infectious, clear excess mucus, eye problems, improve overall body functions. Used in Europe for its detoxifying action in treatment of alcohol and drug abuse, may counteract alcohol poisoning, urinary infections, diuretic, rheumatism, asthma, bronchitis, constipation, hiccups. May assist reproductive system in toning. Aromatic influences: longevity, courage, and purification.

Fir Needles (Austria): Abies Alba

May be good for bronchitis, coughs, sinusitis, arthritis, muscular aches and pains, rheumatism, colds, fever, flu, grounding, stimulating, antiseptic, anti-catarrhal, anti-arthritic. Aromatic influences: may fight airborne germs and bacteria.

Fir Needles, Douglas: Pseudotsuga menziesii

An antimicrobial, antiseptic, anti-tussive, astringent, diaphoretic, expectorant, nervine, rubefacient and general tonic. It is an oxygenator. May be useful with asthma, bronchitis, coughs, sore throats, respiratory infections, airborne bacteria, muscle aches & pains, athletes foot, rheumatism, poor circulation, colds, flu, infections, and as an environmental disinfectant. It may be helpful in times of anxiety or stress, as it can be very grounding, opening, and elevating of spirits.

Fir Needles, Siberian: Abies siberica

An analgesic, pulmonary antiseptic, anti-inflammatory, anti-tussive, anti-spasmodic. May work as a CNS neurotonic. May be useful in asthmatic bronchitis, asthma, coughs, colds, flu, sore throat, sinusitis, tuberculosis, rheumatism, gout, arthritis, muscle aches and pains, as an immune stimulant and in urinary infections. May help to combat fatigue and nervous exhaustion. For relieving anxiety and stress related conditions. Helps ground mentally. Revitalizing, useful in convalescence.

HOW TO USE: Apply dilution topically to muscles. By inhalation.

Frankincense, Wild (Somalia): Boswellia carterii

May be an incredible immune system builder. May be beneficial for anti-catarrhal, anti-tumoral, anti-depressant, tension, skin ulcers, tuberculosis, digestive disorders, asthma, bronchitis, lymph congestion, blemishes, dry and mature complexions, scars, laryngitis, colds, flu, fevers, anxiety, nervous tension and stress-related conditions, infections and inflammations, leprosy, reproductive and urinary difficulties, tone uterus and relieve uterine hemorrhaging and heavy menstrual flow, ease labor pains, decrease postnatal depression. A diluted blend of this oil rubbed into the belly regularly during pregnancy may prevent stretchmarks. May fortify the mind, assist in eliminating blocked personal growth. Contains *sesquiterpenes*, which may enable it to go beyond the blood brain barrier to assist in increasing oxygen around the pineal and pituitary glands. Aromatic influences: recognized for increasing spiritual awareness and meditation. May heal emotional wounds, stabilize and center, focus energy.

Galbanum: (Ferula gummosa)

A favorite oil of Moses. May be beneficial for abscesses, acne, boils, cuts, anti-viral, anti-microbial, antiseptic, analgesic, may heal scar tissue, inflammations, wrinkles, tones skin, mature skin, circulation, asthma, bronchitis, catarrh, chronic coughs, rheumatism, muscular aches and pains, cramps, indigestion, nervous tension, diuretic, restorative, tonic, may strengthen and support the whole system. Alone its frequency is low, but when combined with other oils, such as Frankincense or Sandalwood, the frequency changes drastically.

Garlic (China): Allium sativum

Used as a diuretic, diaphoretic, anthelmintic, anti-bacterial, anti-infectious and amoebicide. May aid in respiratory infections, bronchitis, pleurisy, pneumonia, tuberculosis, congestion, as a muscular tonic and for rheumatic pains. Found to be beneficial with circulatory problems, high

cholesterol, as a blood thinner, and for heart disease and hypertension; aids all infectious diseases and epidemics, stimulates the immune system and immuno-globulins and increases white blood cells; found to stimulate the thyroid and adrenals and aid menopausal congestion, and urinary tract infections. Used for gastro-intestinal infections and as an aid in detoxification from alcohol, tobacco, and nicotine as well as aiding with arteriosclerosis, venous blockages, and hemorrhoids.

Geranium (Egypt): Pelargonium graveolens

Geranium Bourbon/Rose (Madagascar):

Pelargonium roseum

May assist with acne, burns, bruises, broken capillaries, oily skin, congested and mature skin, dermatitis, fungus, ulcers, lice, ringworm, cellulite, mosquito repellent, cellular regeneration, wound healing (especially after facial or plastic surgery), sore throat, tonsillitis, asthma, mucus, rheumatism, osteoarthritis, circulation, hemorrhoids, itching, immune stimulation, jaundice, gastritis, colitis, liver tonic, gastric ulcers, glandular problems, menopause, PMS, engorged breasts, nervous tension, neuralgia, and stress problems,. May contain anticoagulant properties and may stimulate lymphatic system. May be a neuro-balancer, sedative, antidepressant, quelling to anxiety and stress reducing.

NOTE: Avoid in early pregnancy.

Ginger Root (Nigeria): Zingiber officinale

May assist with memory, digestion, arthritis, muscular aches and pains, fatigue, poor circulation, rheumatism, sprains, strains, congestion, coughs, sore throat, diarrhea, sinusitis, cramps, colic, loss of appetite, gas, indigestion, nausea, motion sickness, morning sickness, chills, colds, flu, fever, infectious and contagious disease, nervous exhaustion, broken bones, alcoholism. It also may reduce the drainage of a runny nose and ease respiratory infections. Aromatic influences: enhance physical energy, money and courage. May sharpen the senses, improve memory and aid recall.

Grapefruit, Organic (USA Press Peel): Citrus paradisi

May assist with digestive complaints, obesity, dyspepsia, fluid retention, reducing cellulite, tonic, kidney and liver problems, migraine, acne, promote hair growth, tone the skin and tissue, muscle fatigue, chills, colds, flu, depression, headaches, lymphatic decongestant, may prove with drug withdrawal. Aromatic influences: may be uplifting and assist to prevent one from drowning in one's own negativity.

Helichrysum, Organic (Madagascar) & (Corsica):

Helichrysum gymnocephalum, Helichrysum italicum

May assist with allergic conditions, anti-bacterial, anti-fungal, anti-viral, anti-inflammatory (properties that may reduce inflammation exceed those of any other oil), chronic dermatitis (virtually unlimited value in treating dermatitis and other skin disorders), spots, muscular aches and pains, rheumatism, sprains, respiratory conditions, whooping cough, nerves, spleen, headaches, pulmonary spasms, stress-related conditions, depression, detoxifying, blood cleansing, psoriasis, stomach cramps, sinus infection, anti-coagulant, phlebitis, hematoma (swelling or tumor full of diffused blood), hypo-cholesterol, stimulant for liver cell function, anti-catarrhal, viral colitis, gallbladder infection, pancreas stimulant, lymph drainage, sciatica,

liver, sunburns, connective tissue repair (repairing nerve endings). May be a great pain reliever and infection fighter. May assist in healing and repairing, activating right side of brain. May be good for visualization, personal growth and compassion. Mix with Rose to unite head and heart. Aromatic influences: uplifting and enhances the subconscious. When we lock up inside, get angry and don't want to forgive trespasses, we create barriers that keep us from going forward in our lives.

Hyssop, Wild (Spain): Hyssop decumbens

May be good for poor digestion, lung problems, pneumonia, nose and throat infections, flatulence, mucous congestion in intestines, coughs, dropsy, jaundice, colds, asthma, scrofula, and inflammations. Good as a bactericide (weak on strep-D, strep-F, and strep-A), and as a fungicide, parasiticide, tonic and stimulant. May be helpful with Candida, bruises, eczema, scars, sinusitis, angina, feelings of suffocation, decongests and stimulates the liver. May assist with hepatitis, intestinal paresis-paralysis and arthritis.

Jasmine (Egypt): Jasmine grandiflorum

May be useful in times of depression or anxiety, lifts spirits, aphrodisiac, muscle relaxant, labor pains, uterine pain, menstrual cramps, soothing for colds, expectorant, fevers, insomnia, sensitive, dry and mature skins. Its intensity is subtle and simpler than *J. sambac*.

Jasmine (India): Jasmine sambac

Is produced only on demand, the majority of the flowers being sold domestically for the spiritual and secular purposes important to the Indian culture. Its intensity is "immediate and powerful". May be useful in conditions of leprosy, ulcers, fever, vomiting, hiccups.

Juniper Berry (India): Juniperus communis

This may assist in detoxifying and cleaning, dermatitis, any kind of skin inflammation (acne, eczema, psoriasis), antiseptic, hair loss, hemorrhoids, obesity, liver and kidney problems, bladder, respiratory problems, arthritis, bruises, skin ulcers, oily complexion, skin toner, infections, coughs, ulcers, diuretic, urinary infections, cellulite, obesity, regulating menstrual cycle, cramps, rheumatism, anxiety, stress, nervous tension, clearing mental clutter and confusion, revive exhausted emotions, neutralizing negative emotions and imparting a feeling of emotional cleanliness and purity. Aromatic influences: health, love, and peace. May be good for respiratory problems. It has been burned in many parts of the world to fight the spread of plagues, epidemics, and contagious disease.

Lavender, Natural 40/42 (France): Lavandula vera

It blends well with most all oils. May assist skin conditions, anti-spasmodic, anti-infectious, anti-inflammatory, acne, arthritis, rheumatism, insomnia (may be excellent), tachycardia, phlebitis, mouth abscess, indigestion, flatulence, nausea, lowering blood pressure, fluid retention, assisting elimination of waste through lymphatic system, pre-menstrual and menopausal, thrush, hair loss, dandruff, burns, stretch marks, minimizing scarring, herpes, diaper rash, regenerative, ulcers, cankers, allergies, asthma, athlete's foot, boils, bruises, wounds, dermatitis, earache, chronic fatigue syndrome, boost immunity, tonsillitis, eczema, fainting, cuts, headaches, hysteria, irritability, moodiness, insect bites and stings, lice, ringworm, sunburn, muscular aches and pains, abdominal cramps, colic, dyspepsia, flu, fears, change, insecurity, inner child, restlessness, depression, PMS, shock, vertigo, sciatica, nerves and stress (by balancing extremes of emotions,

it may contribute to emotional equilibrium), increase cell growth (apply to wound or before having an operation to area going to be operated on, may assist the skin to heal and rejuvenate). When in doubt use this oil. Aromatic influences: health, love, peace and consciousness.

Lavender, Stoechas: (Lavandula stoechas)

No formal testing has been done on this oil so you should use with caution. It may assist insect stings, scar tissue, wounds, cuts, skin rejuvenation, chronic bronchitis, sinusitis, colds, coughs, congestion, rheumatic pain, muscle pain, increasing blood pressure, flatulence, dyspepsia, colic, earache, and neuralgia. May be a stimulant, energizer, powerful anti-infectious and anti-inflammatory.

Lemon, Organic (USA Pressed Peel): Citrus limonum

May assist digestive problems, cleansing of the lymphatic system, fever reduction, infectious diseases, colds, throat infection, asthma, anemia, heart-burn, varicose veins, gout, rheumatism, uterine infections, intestinal parasites, air disinfectant, immune system (may stimulate red and white blood cell formation), acne, brittle nails, boils, corns, herpes, warts, arthritis, cellulitis, nervous conditions, high blood pressure, nosebleeds, stopping bleeding, obesity (congestion), poor circulation, rheumatism, gallstones, bronchitis, dyspepsia, flu, debility, anxiety, astringent, antiseptic, emotional clarity, apathy, awareness, bringing joy, relieving touchiness, grudges, resentment, concentration and focus. Aromatic influences: may assist in health, healing, physical energy and purification.

Lemongrass (India): Cymbopogon flexuosus

May assist digestive problems, regulating the para-sympathetic system, strengthening vascular walls, regenerating connective tissue, anti-fungal, lymphatic drainage, clearing infections, repairing ligaments, improving eyesight, bladder infection, kidney disorders, fluid retention, edema, varicose veins, excessive perspiration, insect repellent (fleas, lice, ticks), opening pores, tissue toner, may aid in poor circulation, muscle tone. Aromatic influences: psychic awareness and purification.

Lime (Mexico Distilled): Citrus aurantifolia

The fruit is often used indiscriminately in place of lemon with which it shares many qualities. It is used for similar purposes including fever, infections, sore throat, and cold. Is also a nice-smelling deodorant and may increase appetite.

Mandarin, Red (Italy): Citrus reticulata

In France it is regarded as a safe children's remedy for indigestion, and hiccups and also for the elderly since it may assist in strengthening the digestive function and liver. May be good for acne, congested and oily skin, scars, spots, stretch marks, toner, fluid retention, obesity, digestive problems, dyspepsia, intestinal problems, insomnia, nervous tension, and restlessness.

Marjoram, Wild (Turkey): Origanum marjorana L.

May assist respiratory system, anti-spasmodic, augmenting intestinal peristalsis, expectorant, digestive stimulant, migraine headaches, arthritis, muscular aches and stiffness, sprains, bruises (may drain blood from bruises and speed healing), gas, sinusitis, chronic fatigue syndrome, strains, circulatory disorders, asthma, bronchitis, coughs, colic, colds, PMS, constipation,

headache, may dilate blood vessels (reducing the strain on heart), hypertension, ticks, insomnia, nervous tension, lowering blood pressure, cramps, pain, menstrual problems, para-sympathetic nerves, arterial vasodilator, sedative. Aromatic influences: peace and sleep. May calm emotions, provide comfort during times of grief, loneliness and sadness. It may strengthen willpower. **CAUTION: long-term use may permanently inhibit sex drive.**

Melissa (Australia): Melissa officianalis

It is very soothing, relieves tension, and is, with rose and neroli, one of the major oils of the heart energy center. It has powerful antiviral constituents and was traditionally considered calming and uplifting. It may be beneficial for insomnia, migraine, nervous tension, neurasthenia, anxiety, cold sores, shingles, emotional shock and grief.

Myrrh (Somalia): Commiphora mukul

May be beneficial for anti-inflammatory, anti-bacterial, anti-fungal, anti-infectious, hyperthyroidism. May assist diarrhea, dysentery, viral hepatitis, ulcers, bronchitis, asthma, expelling mucus, toning lungs, vaginal thrush, menstrual difficulties, stretch marks, cleansing obstructions in the womb, recovery from illness, relieving the itch and irritation of weeping eczema, fungal infection (athlete's foot, candida, jock itch and ringworm), chapped and cracked skin, mature complexions, wrinkles, hemorrhoids, gum infections, gingivitis, mouth ulcers, sore throat, boosting immunity (stimulating the production of white blood cells), voice loss, toning digestive tract reducing stomach gas and acidity, awaking awareness, fear, overcoming irritability, calming, emotional coldness, soothing, supporting, connecting. Aromatic influences: spiritual awareness, uplifting, releases stuck emotions, and motivates you to move forward.

Myrtle, Wild (Tunisia): Myrtus communis

May assist with respiratory problems, smoker's cough, bronchitis, flu, tuberculosis, sinus infection, uterine infection, skin antiseptic, deodorizing, hypothyroidism (increasing activity and improving balance), prostate decongestant, ovaries (hormone-like), insomnia, acne, asthma, infectious disease, flu, colds (because of its relative mildness, this is a very suitable oil to assist with children's coughs and chest complaints), hormonal imbalances. Aromatic influences: to be open to love and beauty.

Neem, Organic (India): Azadirachta indica

This oil is useful for cleansing ulcers and is a powerful blood purifier and detoxifier. Good for fevers and one of the best healing and disinfectant agents for skin diseases because it clears the toxins involved in most inflammatory skin diseases or those found in ulcerated mucous membranes. An anti-inflammatory agent for joint and muscle pain; aids with dandruff and lice, ringworm and scabies, and is useful in syphilitic sores. Fights bacteria and reduces excessive perspiration and bad odor. Effective against blackheads and acne; an excellent moisturizing oil, analgesic, anti-fungal, anti-viral, for bruises, burns, cracked skin, cuts, diaper rash, and yeast infections.

Neroli (Tunisia): Citrus Aurantium

It has been used by the Egyptian people for healing the mind, body and spirit. It brings everything into focus at the moment. May benefit scars, stretch marks, thread veins, nature and sensitive skin, tones the complexion, wrinkles, palpitations, poor circulation, diarrhoea (chronic),

colic, flatulence, spasm, nervous dyspepsia, anxiety, depression, nervous tension, shock, stress related conditions and emotional problems.

Niaouli, True (Australia): Melaleuca quinquinervera

May assist urogenital infections, male hormonal action, impotence, viral hepatitis, slow digestion, ulcers, intestinal parasites, malaria, rheumatoid arthritis, arthritis, respiratory infections, sinusitis, serious skin disease, herpes, and shingles. May be good as an adrenal stimulant, stimulant for testicular action, for sluggish liver and pancreas problems, an aid for arterial hypertension.

Nutmeg (Indonesia): Myristica fragrans

May have adrenal cortex-like activity (supporting adrenal - increasing energy). May assist the nervous system to overcome frigidity, impotence, neuralgia (severe pain along nerve), nervous fatigue, gout, muscle aches and pains, rheumatism, arthritis, gas, poor circulation, heart stimulant, chronic diarrhea, aiding digestion of starchy foods and fats, halitosis, loss of appetite. Aromatic influence: adding zest, fun and enchantment to life.

Orange, Organic (USA Pressed Peel): Citrus sinensis

May assist nervous dyspepsia (impaired digestion), gingivitis, mouth ulcers, PMS, sedative, help absorption of vitamin C, bronchitis, flu, boosting immunity, lowering body temperature, cooling a fever or warming chills, lymphatic circulation, reducing obesity, water retention, insomnia, nervousness, constipation, chronic diarrhea, cardiac spasm, palpitation, muscular spasm, tonic, anti-inflammatory, antiseptic, false angina, menopause, bringing joy to the heart. Aromatic influences: joy, generosity, gratitude, may prevent extreme seriousness. May balance the emotions either relaxing or stimulating as needed, awakening creativity, inspiring harmony and promoting self-awareness.

Caution: hot oil, may irritate skin, dilute with pure carrier oil.

Oregano, Wild (Turkey): Origanum vulgare L. hirtum

May assist as an anti-bacterial, anti-fungal, antiseptic, anti-parasitic, anti-viral, immune-stimulant, balancing metabolism, warts, strengthening the vital centers of the body, chronic bronchitis, whooping cough, pulmonary tuberculosis, pneumonia, asthma, mental disease, chronic rheumatism, muscular pain. Great for building the immune system when taken internally. Recent studies on rats have shown this essential oil to be effective against lung tumors.

Caution: hot oil, may irritate skin; use caution if taking internally. Aromatic influences: strengthening and feeling self-secure. Dilute with pure mixing oil.

Palma Rosa (Vietnam): (Cymbopogon martinii)

It helps with skin problems wrinkles, acne, candida, rashes, scaly and flaky skin, etc, (re-establishes the physiological balance of the skin, immediate calming and refreshing action). It is antimicrobial, antibacterial, antifungal and antiviral. It is supportive to the nerves and cardiovascular systems.

Patchouli (Indonesia): Pogostemon cablin

May be anti-infectious, antiseptic, fungal infections (athlete's foot, jock itch, candida), anti-inflammatory. May assist fevers, weight loss (curbing appetite, toning and tightening skin to

prevent sagging after weight loss), hot flashes, diarrhea, wrinkles, chapped skin, acne, skin allergies, lice, impetigo, sunburns, seborrhea, tissue regenerative, eczema, dermatitis, hives, deodorant and controlling perspiration, hemorrhoids, intestinal tract, insect and snake bites, nervous exhaustion, dandruff, diuretic, insecticide, strengthening, grounding, integrating energy (equalizing energy to all fields). Aromatic influences: may diminish depression and ease anxiety. Assists in recovery from stress-related conditions, sharpening intelligence, improving concentration, energy and money.

Pennyroyal, Organic (Turkey): Micromeria fruticosa

May be an excellent essential oil for lung congestion and pain from infection, coughs, colds, asthmatic bronchitis, bronchial tract infections. Place one or two drops of essential oil in a cup of hot water. Inhale the vapors. May be a fever reducer by cooling the body and liver and spleen tonic. May assist in seasickness, intestinal colic, gout, female disorders, delayed menstruation. May be excellent for painful menstrual cramps.

Pepper, Black (Madagascar): Piper nigrum

May assist stimulating endocrine system, energy, pain, infections, fevers, muscle spasms, improving digestion, constipation, gas, urination, circulation, anti-inflammatory, anti-catarrhal, expectorant, rheumatoid arthritis. Aromatic influences: can motivate into action when feeling "stuck", stimulating mental energy. Encourages feelings of courage, and bravery, particularly about speaking in public.

Peppermint (USA-1st Distilled): Mentha piperita

May be beneficial to the respiratory system, opens the sensory system, for stimulation, strengthening, shock, fever, headache, migraine, antiseptic, throat infection, colds, flu, asthma, bronchitis, itchy skin, anti-spasmodic, inflammation, swelling, sinuses, anti-bacterial, jet lag, chronic fatigue syndrome, colic, cramp, fatigue, nervous stress, vertigo, toothache, acne, ringworm, digestive, heartburn, diarrhea, indigestion, motion sickness, nausea, halitosis, varicose veins, arthritis, menstrual regularity, hot flashes, liver problems, dispels pride, inferiority. It mixes well with all oils (use in small amounts). Aromatic influences: purification and the conscious mind, energizes and relieves mental fatigue, increases alertness, improves concentration, reduces fevers.

Pine, Scotch - Needles (Austria): Pinus sylvestris

The oils from the needles of the Scotch pine is one of the most useful and safest therapeutically. It was used by the American Indians to prevent scurvy, and to stuff mattresses to repel lice and fleas. It is beneficial for cuts, lice, excessive perspiration, scabies, sores, arthritis, gout, muscular aches and pains, poor circulation, rheumatism, asthma, bronchitis, catarrh, coughs, sinusitis, sore throat, cystitis, urinary infection, colds, flu, fatigue, nervous exhaustion and stress related conditions.

Ravensara, Organic (Madagascar): Ravensara romatica

This oil is referred to as "the oil that heals" in Madagascar. Another universal oil like Lavender. May be anti-viral, anti-bacterial, anti-fungal, anti-infectious, antiseptic, expectorant, supporting to nerves. May assist respiratory problems, cuts, wounds, burns, anti-biotic, liver, lung

infections, rhinopharyngitis, flu, sinusitis, viral hepatitis, cholera, herpes, infectious mononucleosis, insomnia, muscle fatigue.

Rose, Organic (Bulgaria): Rosa damascena

Its beautiful fragrance is almost intoxicating. Rose oil has an extraordinarily complex chemistry, with over 300 known constituents. It may enhance the frequency of every cell, bringing balance and harmony to the body. May assist anti-hemorrhaging, anti-infectious, preventing scarring, asthma, chronic bronchitis, tuberculosis, frigidity, impotency, skin disease, wounds, ulcers, sprains, wrinkles, thrush, gingivitis, revitalize and rejuvenate dry, sensitive or aging skin. Aromatic influences: stimulating and elevating to the mind, creating a sense of well-being.

Rosemary (Spain) & (Tunisia): Rosmarinus officinalis

A good general all around oil. It may be beneficial as a restorative, anti-spasmodic, anti-viral, anti-catarrhal (mucus clearing quickly), mucolytic, anti-bacterial, anti-infectious, immune system, endocrine system, regulating of ovaries and testicular function, candida, sinusitis, colds, flu, bronchitis, viral hepatitis, diabetes, cholera, vaginitis, mental fatigue, memory (awakening the brain), headache, hair loss, dandruff, fluid retention, cellulite, arthritis, irregular periods, low blood pressure, poor circulation, lowering blood cholesterol, angina, seborrhea, lice, varicose veins, rheumatism, asthma, whooping cough, colitis, jaundice, nervous exhaustion, stress, gout, skin infections, muscular spasms, aches and pains, sprains, alopecia, kidney and liver problems, analgesic, energy, disorientation, aging (promoting new cell growth), strengthening the body, anemia, controlling mood swings, cellular metabolism. Aromatic influences: longevity, clear thought, memory, conscious mind, uplifting, and love. Arouses ambition and drive, inspires the desire to achieve and strengthens willpower.

Rosewood (Brazil): Aniba rosaeodora

May be anti-infectious, anti-bacterial, anti-fungal, anti-viral, anti-parasitic. May assist in slowing the aging process, creating skin elasticity and may be soothing for skin problems (balancing skin, clearing blemishes & improving acne). May be beneficial for candida, vaginitis, depression, scars, wounds, colds, fever, immune system, nausea, frigidity, headaches, nervous tension and stress, overall tonic, promoting alertness, jet lag. Aromatic influences: peace, gentleness, calming and relaxing the nerves. May assist to relieve anxiety and stress, balance the emotions, killing airborne bacteria.

Sage, Wild (Turkey): Salvia fruticosa Miller

In Europe, it has been recognized for its benefits of strengthening the vital center, skin conditions, eczema, acne, hair loss, and dandruff. May assist metabolism, menopause, general stimulant, activating nervous system and adrenal cortex, diuretic, antiseptic, anti-spasmodic, anti-cancer, lymphatic, digestion, liver, urinary, pulmonary, chronic bronchitis, asthma, night sweats, glandular disorders (improving estrogen and progesterone-testosterone balance), menstrual irregularity, gingivitis, disinfectant, bacterial infections, sprains, fibrositis, catarrh, rheumatism, arthritis, astringent. Aromatic influences: relieving depression, mental fatigue, and strain.

Sandalwood (India): Santalum album

May aid in meditation and may benefit any skin type or condition, cuts, wounds, psoriasis, eczema, mild enough for sensitive skin, wrinkles, balancing either oily or dry skin. May support

the lymphatic, nervous and cardiovascular systems and relieve the symptoms of sciatica and lumbago. May assist bronchitis, catarrh, sinusitis, coughs (dry, persistent), sore throat, earaches, laryngitis, cholera, diarrhea, gastritis, nausea, cystitis, insomnia, pulmonary, urinary, kidneys, aphrodisiac, impotence, menstrual problems, prostate, gonorrhoea, fungal and bacterial infections, sedative. May assist in removing negative programming from the cells and increasing oxygen around the pituitary and pineal glands, supporting in cases of low self-confidence, fear, depression, or stress. Aromatic influences: meditation, and healing.

Spearmint (USA): Mentha cardacia

May aid the respiratory, nervous, and glandular systems. May assist balancing the metabolism, anti-bacterial, anti-septic, anti-fungal, anti-spasmodic, anti-infectious, anti-parasitic, anti-inflammatory, hormone-like (may release emotional blocks and brings balance), bronchitis, hypertension, candida, flatulence, indigestion, intestinal cramps, fevers, nausea, colic, hemorrhoids. Aromatic influences: peace, happiness, and clarity.

Spikenard (Nepal): Nardostachys jatamansi

May be beneficial for candida, rashes and allergic skin reactions, allergies, menstrual difficulties, nausea, nervous indigestion, insomnia, migraine, inflammations, rejuvenating mature skin, antifungal, and relaxing. In India, it is regarded as a medicinal herb and skin tonic. *Spikenard* is one of the early aromatics used by the ancient Egyptians and is mentioned in the Bible.

Spruce (Canada): Picea alba

May support the respiratory, nervous, and glandular systems. May be beneficial general tonic, grounding, balancing solar plexus, candida, anti-infectious, anti-spasmodic, anti-inflammatory, stimulant to thymus, cortisone-like, prostate, hyper-thyroidism, rheumatism, arthritis, bone pain, joints, sciatica pain, immuno-depression. Aromatic influences: elevating and opening to bring about a balance of emotions.

Tangerine (USA Pressed): Citrus reticulata

May support the lymphatic, digestive, and nervous systems. May assist in water retention, obesity, dissolve cellulite, diarrhea, laxative, constipation, parasites, intestinal spasm, anti-inflammatory, anticoagulant, circulation, dizziness, anxiety, calming to nerves. Aromatic influences: relieving emotional grief and stress, assisting to bring about a sense of peace.

Tarragon (Nepal): Artemisia dracunculus

May aid neuromuscular, anti-inflammatory, anti-cancerous, anti-spasmodic, anti-infectious, anti-viral, anti-bacterial. May aid and balance intestinal activity relieving discomfort. May assist colitis, dyspepsia, gas, nervous and sluggish digestion, preventing fermentation, sciatica, parasites, urinary tract infection, pre-menstrual discomfort and pain, nausea, anorexia, intestinal spasm, hiccups, rheumatic pain. Aromatic influences: allows one to digest and assimilate new ideas.

Tea Tree (Australia): Melaleuca alternifolia

May be beneficial for respiratory, infectious disease such as chickenpox, healing wounds, fungal infections (athlete's foot, candida, jock itch), sore throat, tonsillitis, gum disease, rash, sunburn, digestion, diarrhea, vaginal thrush, immuno-stimulant, abscess, acne, cold sores, herpes, burns,

shock, hysteria, warts, lice, tuberculosis, whooping cough, colds, flu, sinusitis, tissue regenerator, anti-septic, anti-fungal, anti-viral, and anti-bacterial. Aromatic influences: cleansing.

Thyme Red (Spain): Thymus vulgaris

May be anti-microbial, anti-bacterial, anti-fungal, anti-infectious, anti-parasitic, antiseptic, anti-viral. May work as a neurotonic and cardiogenic. May assist immune system (increasing white blood cells), overcoming emotional fatigue and physical weakness especially after illness, colitis, sinusitis, dyspepsia, general tonic for stomach, infectious colitis, general fatigue, bronchitis, asthma, tonsillitis, whooping cough, tuberculosis, cystitis, urinary, anthrax, warts, abscess, sciatica, lumbago, bruises, burns, insect bites, lice, sprains, poor circulation, low blood pressure, sporting injuries, diarrhea, chills, headache, insomnia, nerves. Aromatic influences: May assist in supplying energy in times of physical weakness and stress.

Valerian Root, Wild (Nepal): (Valeriana officinalis)

This herb has been highly esteemed since medieval times, and once was called “all heal”. May assist insomnia, nervous indigestion, migraines, as a pain reliever, dysmenorrhea, intestinal colic, rheumatism, restlessness and states of tension.

Vetiver, Wild (Haiti): (Vetiveria zizanoides)

May be used for acne, cuts, oily skin, wounds, arthritis, muscular aches and pains, rheumatism, sprains, stiffness, anxiety, depression, insomnia, nervous tension. It is deeply relaxing and thus valuable in massage and baths for anyone experiencing stress.

Wintergreen, Wild (Nepal): (Gaultheria fragrantissima)

May assist when used for muscle and joint discomfort, accumulation of toxins, arthritis, cellulitis, obesity, edema, poor circulation, dull or congested skin, rheumatism, tendonitis, cramps, hypertension, anti-inflammatory, high in cortisone-like functions, for eczema, hair care, dermatitis, psoriasis, gout, ulcers, broken or bruised bones. Avoid prolonged exposure to this oil due to toxic build up in the liver.

Yarrow (England): (Achillea millefolium)

An age-old herbal medicine used for a wide variety of complaints including fever, respiratory infections, digestive problems, nervous tension and externally for sores, rashes and wounds. May be beneficial for acne, burns, cuts, eczema, hair growth, inflammations, rashes, scars, tones the skin, varicose veins, arteriosclerosis, high blood pressure, rheumatoid arthritis, thrombosis, constipation, cramp, indigestion, cystitis, colds, flu, hypertension, and stress related conditions.

Ylang Ylang, Organic (Madagascar):

Cananga odorata genuina

May be calming, relaxing, soothing to nervous system, anti-spasmodic. May assist balancing equilibrium, balancing heart function, high blood pressure, palpitations, tachycardia, arterial hypertension, general tonic, diabetes, mental fatigue, anxiety, depression, insomnia, hair loss, reducing hyperpnea (abnormally fast breathing), general skin care (wrinkles, balancing oily skin), poor self esteem. Aromatic influences: emotional coldness, tension, frustration, balancing, love, enhancing relationships, dispelling anger.

Carrier Oils

These oils are used as a carrier for the essential oils, for use with full body massage or reflexology. Our premium carrier oils are certainly not the cheapest on the market, but we are sure that you will agree that they are the best! Essential oils are usually diluted for safe application, suggested 15 drops of essential oil in one ounce of carrier oil. Dilute more for use on babies, elderly and massage, or less for reflex point application.

Almond Oil – Filtered or Refined

May be helpful for all skin types; may relieve itching, dryness, inflammation, burns, thread veins.

Apricot Oil – Filtered or Refined

May be helpful for all skins, especially prematurely aged, sensitive, inflamed, or dry skin. Use as a base of 10-50% additive.

Fractionated Coconut Oil (Malaysia)

May be helpful for dryness, itching, sensitive skin, tanning aid, wound healing, and all skin types.

Grape Seed Oil (Italy-naturally extracted)

May be helpful for all skin types; odorless; penetrating.

Jobba Oil

Mimics sebum. May be helpful for eczema, psoriasis, hair care, all skin types, as a base or 10 % additive.

NOTE: May clog pores.

Books

Calcium Factor, The – R. R. Barefoot. The regimen outlined in this book is aimed at improving the immune system so that the body can care for itself without intrusive measures like surgery, chemotherapy or radiation.

Death by Diet – Robert R. Barefoot. The relationship between nutrient deficiency and disease. A sequel to the popular book, ***The Calcium Factor***.

Eat Right For Your Type – Dr. Peter J. D’Adamo. Your blood type reflects your internal chemistry. It is the key that unlocks the mysteries of disease, longevity, fitness, and emotional strength...determines your susceptibility to illness, the foods you should eat, and ways to avoid the most troubling health problems.

Enzyme Cure, The – Lita Lee, PhD, and Lisa Turner. Dr. Lee’s strong scientific background enhances her work as an enzyme therapist, particularly her specialty of developing nutritional protocols for balancing body chemistry, with a focus on enzyme therapy, hormonal balancing, and protection from environmental toxins.

Fluoride the Aging Factor – Dr. John Yiamouyiannis. Dr. Yiamouyiannis is a world-leading authority on the biological effects of fluoride. “The truth is, fluoridation is chronically poisoning millions.”

Guess What Came to Dinner – Ann Louise Gittleman. Read this book and you’ll realize the extent of the parasite epidemic in America today and what measures to take, from diagnosis, to treatment, to prevention.

How To Stay Young and Healthy in a Toxic World – Ann Louise Gittleman. The essential anti-aging program for a longer, more vigorous life.

Reverse Aging – Sang Whang. The secret of health and longevity.

Super Nutrition for Men – Ann Louise Gittleman. Using nutrition to protect, heal and supercharge your body.

Super Nutrition for Menopause – Ann Louise Gittleman. One of this country’s top nutritionists offers a clear, simple, and proven program designed to overcome the “driving me crazy” symptoms of menopause.

Super Nutrition for Women – Ann Louise Gittleman. A food-wise guide for health, beauty, energy, and immunity.

What You Think Is What You Get – George Lavenia. A must read for your mental and physical well-being.

Your Guide to Essential Oils, Minerals and Nutrition – Bevonne Birch. There is an old idiom, “Knowledge is King.” If that is the case, Bevonne Birch is “Queen of Essential Oils”. A book packed with information.

Protocol Book, Insert #1, Insert #2 – Each small protocol booklet contains “recipes” utilizing our mineral supplements. They are only suggestions and have been compiled from reports provided by those who have been helped and from extensive research by our staff. The information contained therein is *not* medical advice and is *not* intended to replace the advice or attention of health care professionals. Each booklet contains 42 or more pages.

Tapes & Literature Price List

Tapes (audio)

<i>Don't Mortgage Your Life for Your Health</i> – (Revised 3-1-01)	\$ 1.00
<i>Fluoridation Report</i> – Dr. David Kennedy, DDS (two tapes)	\$ 10.00
<i>Fluoride</i> – Dr. Yiamouyannis	\$ 5.00

Books & Literature

<i>Calcium Factor, The</i> by R. R. Barefoot	\$ 17.95
<i>Death by Diet</i> by Robert Barefoot	\$ 14.95
<i>Eat Right For Your Type</i> by Dr. Peter J. D'Adamo	\$ 24.95
<i>Enzyme Cure, The</i> by Lita Lee, PhD and Lisa Turner	\$ 18.95
<i>Fluoride the Aging Factor</i> by John Yiamouyiannis	\$ 14.95
<i>Guess What Came to Dinner</i> by Ann Louise Gittleman	\$ 14.95
<i>How To Stay Young and Healthy</i> by Ann Louise Gittleman	\$ 16.95
<i>Reverse Aging</i> by Sang Whang	\$ 11.95
<i>Super Nutrition for Men</i> by Ann Louise Gittleman	\$ 10.95
<i>Super Nutrition for Menopause</i> by Ann Louise Gittleman	\$ 10.95
<i>Super Nutrition for Women</i> by Ann Louise Gittleman	\$ 14.95
<i>What You Think Is What You Get</i> by George Lavenia	\$ 12.95
<i>Your Guide to Essential Oils, Minerals and Nutrition</i> – Bevonne Birch	\$ 18.60
<i>Protocol Book</i>	\$ 1.00
<i>Protocol Book Insert Volume #1</i>	\$ 1.00
<i>Protocol Book Insert Volume #2</i>	\$ 1.00
<i>Catalog</i>	\$ 1.00

Retail & Wholesale (Case)

Case prices are available to retail customers on an order-by-order basis.

Qualifying orders are a minimum of 1 case. Cases are as follows:

16 oz. bottles are 9 to a case

32 oz. bottles are 9 to a case

Gallons are 4 to a case

Extra Strength (4X) may be substituted for a gallon in a gallon case.

All above cases can be mixed cases (of product; not mixed sizes unless "4X").

After you have ordered a full case, any additional items ordered at the same time are at the case price.

2 Ozone machines are a case price order.

9 *OxyDrops* is a case. 9 *Body Alkalizers* is a case.

Ask about prices outside the 48 contiguous United States.

Price List ♦

PRODUCT DESCRIPTION	RETAIL PRICE	WHOLESALE/ CLUB PRICE	WEIGHT
Mineral supplements – 16 oz.	\$ 16.00	\$ 10.00	2
Mineral supplements – 32 oz.	\$ 25.00	\$ 16.00	3
Mineral supplements – Gallon	\$ 54.00	\$ 36.00	10
4X Concentrated Mineral supplements – 32oz.	\$ 52.00	\$ 34.00	3
Indium – 16 oz.	\$ 20.00	\$ 17.00	2
Indium – 32 oz.	\$ 40.00	\$ 33.00	3
Mineral supplements – Extra Strength (4X)	\$ 52.00	\$ 34.00	3
Mineral Test Vial Kit	\$ 15.00	\$ 15.00	1
pH Test Kit (liquid or paper)	\$ 12.00	\$ 12.00	0
EPN – 16 oz.	\$ 5.00	\$ 5.00	2
EPN – 32 oz.	\$ 9.00	\$ 9.00	3
EPN – Gallon	\$ 20.00	\$ 20.00	10
P-RNA – 12 oz.	\$ 15.00	\$ 15.00	1
WaterOz Body Alkalizer – 1 oz.	\$ 12.00	\$ 8.00	0
OxyDrops – 4 oz.	\$ 12.00	\$ 8.00	0.5
Queen Anne’s Lace Seed Tincture – 8 oz.	\$ 15.00	\$ 12.00	.5
MSM Lotion Scented – 4 oz.	\$ 6.00	\$ 6.00	.25
MSM Lotion Unscented – 4 oz.	\$ 6.00	\$ 6.00	.25
MSM Lotion Scented – 8 oz.	\$ 10.00	\$ 10.00	.5
MSM Lotion Unscented – 8 oz.	\$ 10.00	\$ 10.00	.5
MSM Lotion Scented – 32oz.	\$ 35.00	\$ 35.00	2.5
MSM Lotion Unscented – 32oz.	\$ 35.00	\$ 35.00	2.5
WaterOz Gemstones Soaps	\$ 3.00	\$ 3.00	.5
Vitamin C Ascorbate (250 ct. 500mg.)	\$ 16.00	\$ 13.00	.5
MicroAir Nebulizer Model NE-U03V	\$ 315.00	\$ 315.00	1
MicroAir Nebulizer Replacement Screen	\$ 25.00	\$ 25.00	.5
CompAir Nebulizer Model NE-C21 w/o batt.	\$ 85.00	\$ 85.00	1
Chi Lite (with batteries)	\$ 235.00	\$ 235.00	1
Ozone Generator	\$ 325.00	\$ 230.00	11
Ozone Generator (Oxygen Ready)	\$ 345.00	\$ 250.00	11
Ozone Body Suit	\$ 75.00	\$ 60.00	2
SlickOz Oil Treatment – 32 oz.	\$ 29.95	\$ 29.95	3
SlickOz Oil Treatment – Gallon	\$ 95.00	\$ 95.00	10
SlickOz Diesel Treatment	\$ 12.50	\$ 12.50	3
SlickOz Gas Treatment	\$ 25.50	\$ 25.50	3
SlickOz Bendable Swivel Spout	\$ 1.25	\$ 1.25	.25
16 th Dram Test Vials	\$ 0.25	\$ 0.25	0
5 Gallon Spigot	\$ 5.00	\$ 5.00	0
Essential Oil Keeper – Small	\$ 20.00	\$ 20.00	1

PRODUCT DESCRIPTION	RETAIL PRICE	WHOLESALE/ CLUB PRICE	WEIGHT
Essential Oil Keeper – Large	\$ 25.00	\$ 25.00	1
Essential Oil Sampler #1 (Blends) – A-M	\$ 70.00	\$ 70.00	1
Essential Oil Sampler #2 (Blends) – N-Z	\$ 70.00	\$ 70.00	1
Essential Oil Sampler #3 (Single Oils) – A-F	\$ 70.00	\$ 70.00	1
Essential Oil Sampler #4 (Single Oils) – G-Orange (no Jasmine or Niaouli)	\$ 65.00	\$ 65.00	1
PRODUCT DESCRIPTION	WEIGHT		PRICE
Essential Oil BLENDS – 15ml *unless noted	.15 lbs		
Anastasia			\$ 49.50
Baby Soft			\$ 25.20
Bear with Me			\$ 23.40
Circle of Life			\$ 26.10
Citrivescents			\$ 9.90
Clove & Lime			\$ 13.50
Discover Your Magnificence			\$ 10.80
Dreamtime			\$ 28.80
Enlightenment			\$ 18.00
Envision			\$ 10.80
First Aid			\$ 27.00
Focus			\$ 18.00
Fulfillment			\$ 25.20
Fullness of Life			\$ 14.40
Heart's Desire			\$ 31.50
Mountain Retreat			\$ 17.10
Native Spirit			\$ 33.30
On Bended Knee			\$ 31.50
Passion			\$ 19.80
Prosperity			\$ 23.40
Purify			\$ 12.60
Romance			\$ 19.80
Romance in Bloom			\$ 51.30
Romance in Bloom *5ml			\$ 18.00
Season's Greetings			\$ 23.40
Serenity			\$ 17.10
Skin Care			\$ 14.95
Spice Traders			\$ 24.30
Sports Pro			\$ 27.00
T-Power			\$ 40.50
Tummy Rub			\$ 26.20
Utopia			\$ 11.95
Valerie			\$ 17.10

PRODUCT DESCRIPTION	WEIGHT	PRICE
Essential Oil <u>BLENDS</u> – 15ml <i>*unless noted</i>	.15 lbs	
Victory		\$ 26.20
Vitality		\$ 18.90
Wisdom of the Ancients		\$ 22.50
Zanzibar		\$ 9.90
PRODUCT DESCRIPTION	WEIGHT	PRICE
Essential Oil <u>SINGLES</u> -15ml <i>*unless noted</i>	.15 lbs	
Angelica Root (India) *5ml		\$ 65.15
Anise		\$ 21.20
Artemesia (India)		\$ 36.40
Basil (India)		\$ 18.00
Basil, Holy (India)		\$ 20.20
Bay Leaf/Laurel Bay *5ml		\$ 16.50
Bergamot, FCF (Italy)		\$ 18.90
Bergamot (Ivory Coast)		\$ 19.00
Birch Bark, Sweet (USA)		\$ 10.80
Bitter Orange (Paraguay)		\$ 12.00
Blue Tansy, Wild (Morocco) *5ml		\$ 21.95
Cajeput (Indonesia)		\$ 5.00
Cardamom (Guatemala) *5ml		\$ 22.65
Carrot Seed (India)		\$ 46.15
Cedar Leaf *5ml		\$ 10.00
Cedarwood Atlas (Atlas Mountains)		\$ 7.20
Celery Seed		\$ 21.60
Chamomile, German (India) *5ml		\$ 59.15
Chamomile, Roman (England) *5ml		\$ 18.00
Cinnamon Bark (Madagascar) *5ml		\$ 17.10
Cistus/Rockrose *5ml		\$ 32.00
Citronella (India)		\$ 13.50
Clary Sage, Organic (Bulgaria) *5ml		\$ 15.00
Clary Sage, Organic (Bulgaria)		\$ 41.40
Clove Bud (Madagascar)		\$ 9.00
Cumin, Black (Turkey)		\$ 13.50
Cypress (Spain)		\$ 13.50
Dill (France) *5ml		\$ 9.90
Elemi (Phillipines)		\$ 12.60
Eucalyptus (China)		\$ 9.90
Eucalyptus (Australia)		\$ 9.90
Eucalyptus Dives		\$ 9.90
Eucalyptus Smithii (Australia)		\$ 6.10
Eucalyptus, Lemon (China)		\$ 5.00
Fennel Seed, Sweet Organic (Turkey)		\$ 9.00

PRODUCT DESCRIPTION	WEIGHT	PRICE
Essential Oil SINGLES - 15ml <i>*unless noted</i>	.15 lbs	
Fir Needles (Austria)		\$ 9.90
Fir, Douglas (France) *5ml		\$ 16.20
Fir, Siberia		\$ 10.60
Frankincense, Wild (Somalia) *5ml		\$ 20.00
Frankincense, Wild (Somalia)		\$ 55.80
Galbanum *5ml		\$ 45.00
Garlic (China)		\$ 11.45
Geranium (Egypt)		\$ 19.80
Geranium Bourbon/Rose (Madagascar)		\$ 19.80
Ginger Root (Nigeria) *5ml		\$ 8.10
Ginger Root (Nigeria)		\$ 18.90
Grapefruit, Pink Organic (USA Press Peel)		\$ 7.20
Grapefruit, White Organic (USA Press Peel)		\$ 8.00
Helichrysum, Organic (Corsica) *5ml		\$ 67.50
Helichrysum, Organic (Madagascar) *5ml		\$ 40.50
Hyssop, Wild (Spain) *5ml		\$ 12.60
Jasmine grandiflorum (Egypt) *5ml		\$ 48.00
Jasmine sambac (India) *5ml		\$ 81.00
Juniper Berry (India)		\$ 25.20
Juniper, Wild (India)		\$ 35.50
Lavender, Natural 40/42 (France)		\$ 15.30
Lavender, Stoechas		\$ 29.95
Lemon, Organic (USA Pressed Peel)		\$ 8.10
Lemongrass (India)		\$ 7.20
Lime (Mexico Distilled)		\$ 13.50
Mandarin, Red (Italy Pressed)		\$ 10.65
Marjoram, Wild (Turkey)		\$ 13.50
Melissa (Australia) *5ml		\$ 99.00
Myrrh (Somalia) *5ml		\$ 16.60
Myrrh (Somalia)		\$ 42.30
Myrtle, Wild (Tunisia)		\$ 14.40
Neem, Organic (India)		\$ 7.15
Neroli, Natural (Tunisia) *5ml		\$ 76.00
Niaouli (Australia)		\$ 10.50
Nutmeg (Indonesia)		\$ 15.90
Orange, Organic (USA Pressed Peel)		\$ 7.20
Oregano, Wild (Turkey)		\$ 18.00
Palma Rosa (Vietnam)		\$ 9.15
Patchouli (Indonesia)		\$ 18.00
Pennyroyal, Organic (Turkey)		\$ 16.85
Pepper, Black (Madagascar) *5ml		\$ 9.00

PRODUCT DESCRIPTION	WEIGHT	PRICE
Essential Oil SINGLES - 15ml <i>*unless noted</i>	.15 lbs	
Pepper, Black (Madagascar)		\$ 21.00
Peppermint (USA 1 st Distilled)		\$ 13.50
Pine, Scotch Pine Needles (Austria)		\$ 8.10
Ravensara, Organic (Madagascar)		\$ 18.90
Rose, Organic (Bulgaria) *5ml		\$ 110.00
Rosemary 'camphor' (Spain)		\$ 9.00
Rosemary, Wild 'cineole' (Tunisia)		\$ 13.50
Rosewood (Brazil)		\$ 9.00
Sage, Wild (Turkey)		\$ 19.80
Sandalwood (East India)		\$ 37.80
Sandalwood, Wild (India) *5ml		\$ 23.00
Sandalwood, Wild (India)		\$ 64.20
Spearmint (USA) *5ml		\$ 7.20
Spikenard (Nepal) *5ml		\$ 19.80
Spruce (Canada)		\$ 15.30
Tangerine (USA Pressed)		\$ 9.90
Tarragon (Hungary) *5ml		\$ 13.50
Tea Tree (Australia)		\$ 15.30
Thyme, Red (Spain)		\$ 19.80
Valerian Root, Wild (Nepal) *5ml		\$ 25.20
Vetiver, Wild (Haiti) *5ml		\$ 9.00
Wintergreen, Wild (Nepal)		\$ 7.20
Yarrow (England) *5ml		\$ 52.75
Ylang Ylang Extra, Organic (Madagascar)		\$ 40.50
Carrier Oils	1 lb	
Almond, Sweet (USA Filtered <i>or</i> Refined)		\$ 16.00
Apricot Kernal (USA Filtered <i>or</i> Refined)		\$ 16.00
Coconut, Fractionated (Malaysia)		\$ 17.50
Grape Seed (Italy)		\$ 10.00
Jojoba (USA Pressed)		\$ 30.00

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